

# HITTER ASSESSMENT SCORECARD

<b>PLAYER'S NAME:</b>	<b>1 = POOR / 5 = EXCELLENT</b>
<b>STANCE IN BOX</b>	
Position in box and plate coverage?	1 2 3 4 5
Grip on the bat - is it held in the fingers?	1 2 3 4 5
Stance - athletic and balanced?	1 2 3 4 5
Slight movement for rhythm/balance?	1 2 3 4 5
<b>GETTING READY TO SWING (Negative move to positive move/toe touch. This is the linear part of the swing.)</b>	
Is she on time to toe touch? Has front foot landed without rushing?	1 2 3 4 5
Posture at toe touch - head over belly button? (weight 50-50)	1 2 3 4 5
Hand position - at or above top of strike zone?	1 2 3 4 5
Barrel angle - is bat angled behind head at toe touch?	1 2 3 4 5
Athletic position	1 2 3 4 5
Is separation beginning at POSITIVE MOVE?	1 2 3 4 5
Hands inside front elbow (on first move into rotation)?	1 2 3 4 5
<b>SWINGING (Toe touch/heel plant to connection, bat lag, contact, extension, and follow through. These are rotational parts of the swing.)</b>	
Upon heel plant, is front leg firm, but not locked?	1 2 3 4 5
Has the head STOPPED?	1 2 3 4 5
Has the back heel started to lift following the hip in rotational motion?	1 2 3 4 5
Is she pulling? Skip the rock motion (no pushing in this position)?	1 2 3 4 5
Does upper and lower half "connect up?" Is the back hip, elbow, wrist in alignment?	1 2 3 4 5
Is her barrel still slightly above the hands prior to bat lag?	1 2 3 4 5
Strong position at bat lag? Are the hands in FRONT of the head?	1 2 3 4 5

Is she maintaining good balance (head still over the belly button area)?	1	2	3	4	5
Has weight transferred to front side 51% or more (knee still inside front leg)?	1	2	3	4	5
Sequential unlocking of shoulders, arms, and wrists. These parts do not move all at once.	1	2	3	4	5
Independent hands (arms/hands working independently of torso - throwing motion)?	1	2	3	4	5
<b>CONTACT (at or in front of front foot)</b>					
Head is still (eyes in contact zone area)?	1	2	3	4	5
Firm front leg, but NOT locked?	1	2	3	4	5
Weight inside front leg?	1	2	3	4	5
Back heel has lifted and is rotating. Less weight on back foot than front?	1	2	3	4	5
Front elbow higher than hands, which are higher than ball on contact?	1	2	3	4	5
Slight bend in arms and wrist on contact?	1	2	3	4	5
Palm up palm down position?	1	2	3	4	5
<b>EXTENSION</b>					
Are arms fully extended and barrel pointing out toward infield?	1	2	3	4	5
<b>FOLLOW THROUGH</b>					
Finish high - recommended shoulder blades or higher?	1	2	3	4	5
<b>VISION &amp; TRACKING</b>					
How well can she "call out" spin of ball? Direction of ball?	1	2	3	4	5
Can she call ball/strike early enough so swing isn't rushed?	1	2	3	4	5
<b>MENTAL STATE (1 - 5 = excellent)</b>					
Approach - pre at bat: overall confidence?					
Approach - in at bat: count management - advantage to disadvantage counts?					
Approach - post at bat: how does she manage failure?					
Does she prefer people on base? (likes the "cooker" / pressure)					
Does she prefer bases empty? (fire starter)					