

## WINTER SKILLS COMBINE

PLAYER NAME: \_\_\_\_\_ PLAYER AGE: \_\_\_\_\_

### PITCHING

VELOCITY: \_\_\_\_\_ MPH

SPIN RATE: \_\_\_\_\_ RPM

EXTENSION: \_\_\_\_\_ FT

OVERALL MECHANICS: \_\_\_\_/5

### HITTING

BAT SPEED: \_\_\_\_\_ MPH

EXIT VELO: \_\_\_\_\_ MPH

BAT PATH: \_\_\_\_\_

LAUNCH ANGLE: \_\_\_\_\_

OVERALL MECHANICS: \_\_\_\_/5



### SPEED:

HOME TO 1ST: \_\_\_\_\_ seconds

60 YARD DASH: \_\_\_\_\_ seconds

OVERALL MECHANICS: \_\_\_\_/5

### FIELDING:

GROUNDBALLS: \_\_\_\_/5

LATERAL MOVEMENT: \_\_\_\_/5

FOOTWORK: \_\_\_\_/5

OVERALL MECHANICS: \_\_\_\_/5

**Our goal is to help each athlete achieve the best results possible. Our coaching staff will be on hand not only to record stats, but help aid each players form, and technique to better achieve their goals. All results will be posted on our website at [StrikeOneBaseballAcademy.com/combine](http://StrikeOneBaseballAcademy.com/combine) for HS & College Coaches to view, as well as scouts and other club programs.**

