



R2R BASEBALL ACADEMY

SKILLS VIDEO WORKSHEET

Players should use a tripod with their camera (tablet, smartphone, etc.) about 4-5 feet off the ground. Unsteady video is difficult to watch, and many coaches will simply move on to the next player's video rather than suffer through film that is unstable.

Baseball coaches want to see an athlete's skills at their position on video. What coaches look for when watching a skills video: mechanics, speed, athleticism, power, and body language. Pay attention and treat them accordingly.

Always warm up before the filming starts. Athletes should look loose and natural.

Please look like a baseball player and dress the part. That means wearing game or practice gear during these video clips; cleats and baseball pants, with a tucked-in practice shirt (or jersey) "AND HATS!" (NO shorts and NO sneakers).

IMPORTANT: Please follow this guideline EXACTLY as I've written it, while filming. If it's not, I will be forced to send a player back out to film it again.

All markers on the diagrams represent the approximate camera position. They are also shown in detailed instruction outside of the box (#1 in the diagram is #1 explained).

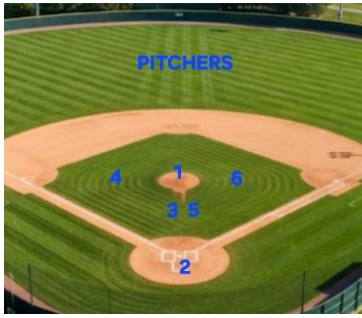
HITTING

Use an aluminum bat (never wood) with firm BP style pitching.



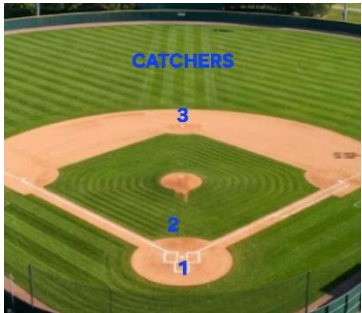
1. Camera directly behind home plate. THREE (3) consecutive swings. Hits should be between a line-drive and gap damage trajectory.
2. Camera for RHH is outside the LH batter's box. THREE (3) consecutive swings. You should be able to see the balls trajectory after contact.
- 3 Camera for LHH is outside the RH batter's box. THREE (3) consecutive swings. You should be able to see the balls trajectory after contact.
4. Camera angle #1. THREE (3) STRONG SWINGS. GET ON IT!

PITCHERS



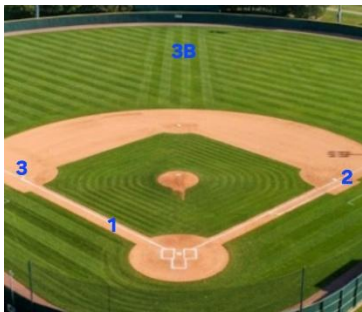
1. Camera directly behind pitcher. Get entire body in view. **THREE (3) FB's and TWO (2) of your best secondary pitches.**
2. Camera behind catcher. **THREE (3) FB's and THREE (3) secondary pitches.**
3. For RHP's camera slightly off to your right, about 20-25 ft. in front of the rubber. **THREE (3) FB's.**
4. For RHP's, camera halfway between the mound and 3B. **THREE (3) FB's.**
5. For LHP's, camera slightly off to your left, about 20-25 ft. in front of the rubber. **THREE (3) FB's.**
6. For LHP's, camera halfway between the mound and 1B. **THREE (3) FB's. STRIKES ONLY!!!**

CATCHERS



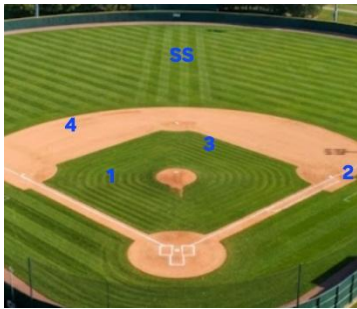
1. Camera directly behind catcher. **THREE (3) of your BEST throwdowns to 2B with your fastest "POP" times.**
2. Blocking: Hard throws in the dirt (3 left, 3 right, 3 directly at you).
3. Throwdowns: **THREE (3) of your BEST throwdowns to 2B with your fastest "POP" times.**
4. Throwdowns (#1 camera): **THREE (3) of your BEST throwdowns to 3B with your fastest "POP" times.**

3B



1. Camera 30 ft. up the 3B line. **THREE (3) HARD ground ball right at you, THREE (3) to your left and THREE (3) to your right (down the line).**
2. Camera directly behind 1B with **TWO (2) STRONG** throws across the diamond. These throws should showcase your arm strength.
3. Camera directly behind 3B with **TWO (2) STRONG** throws. across the Diamond. These throws should showcase your arm strength.
4. Camera #1(30 ft. up the 3B line). Slow roller, throwing to 1B off of the correct foot. This is the one play third basemen "must" show their quickness.

SS



1. Camera in between 3B and the mound (a few feet closer to SS, staying away from ground balls). ONE (1) to your left, ONE (1) directly at you, ONE (1) left, in the hole. Glove in front, gather the ball smoothly, while showcasing proper footwork.
2. Camera directly behind 1B. TWO (2) ground balls, with STRONG throws to 1B. Showcase your arm strength.
3. Camera on the grass near 2B (see diagram). Turn TWO (2) double plays, with speed, efficiency and polish. Hands up approaching 2B with a quick transfer and strong throw.
4. Camera within 20ft. of you, still on the infield dirt (near the hole). Field TWO (2) ground balls with strong throws to 1B. Keep camera in range to see the fielding and throw over to 1B.

2B



1. Camera in between 1B and the mound, staying away from ground balls. ONE (1) to your left, ONE (1) directly at you, and ONE (1) to the right.
2. Camera directly behind 1B. TWO (2) ground balls. Accurate throws!
3. Camera on the grass near 2B (see diagram). Turn TWO (2) double plays, with speed, efficiency and polish.
4. Camera within 20ft. of where you normally play 2B. Make sure to keep camera in range to see the fielding and the throw over to 1B.

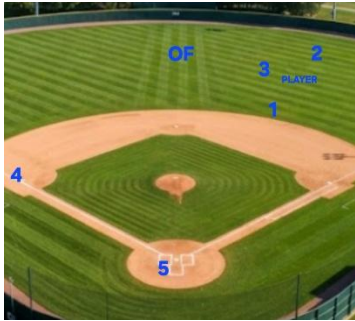
1B



1. Position camera in between the mound and 1B, staying away from “hard hit” ground balls. Field TWO (2) ground balls to your right, TWO (2) directly at you and TWO (2) to your left (down the line). Be sure to Get back to 1B quickly, step on the bag with ball in glove. Look alive!
2. Camera to the side of 1B. Position it so you’re able to keep the fielding And throw to 3B in view. THREE (3) ground balls, ONE (1) to your right, ONE (1) directly at you and ONE (1) to your left (down the line). Get back and step on 1B with ALL THREE grounders, then showcase your arm strength throwing to 3B.

OUTFIELD

Position yourself in RF where the “Player” is located (see diagram).



1. Camera should be positioned 30 ft. or so in front of you. You'll field TWO (2) pop-fly's and ONE (1) on the ground. Once caught (and fielded), showcase your arm strength throwing to 3B on a line.
2. Camera should be positioned 30 ft. or so behind you. You'll field TWO (2) pop-fly's and ONE (1) on the ground. Once caught (and fielded), showcase your arm strength throwing to 3B on a line.
3. Camera should be positioned 30 ft. or so to your side (towards CF).

You'll field ONE (1) pop-fly and ONE (1) on the ground. Once caught (and fielded), showcase your arm strength throwing to 3B on a line.

4. Position camera behind 3B. ONE (1) ground ball or pop-fly (your choice) then your strongest throw (in the air) to 3B. If it doesn't reach, move up in RF and do it again.

5. . Position camera behind home plate. ONE (1) ground ball or pop-fly (your choice) then your strongest throw (in the air) home. If it doesn't reach, move up in RF and do it again.

IMPORTANT NOTES:

Please send "ONLY" your "BEST" throws, pitches, and swings. Do "NOT" send 50 of each when I've only asked for a few. Delete any sub-par clips before you email them to me.

Always showcase your arm strength, exchange speed and quick release while fielding!

If P has a radar gun handy, please display velo from behind the plate video. Always make sure you're fully warmed up, as well.

Once these clips are sent, I will edit and create the final product for college coaches to evaluate. The skills video typically takes 7-10 days to complete.

REMEMBER ONE FINAL THING WHEN FILMING:

COLLEGE COACHES "WILL BE" SEEING THESE CLIPS, ONCE EDITED AND PUT INTO A SKILLS VIDEO, SO BE SMOOTH, MAINTAIN GOOD BODY LANGUAGE, GO 100% AND PLAY LIKE A COACH IS WATCHING...BC ULTIMATELY, HE "IS."