

FISTS OF FURY

PROGRESS REPORT



Name: _____

JAB – LEVEL 1 (use 9” RIF)

FUNDAMENTAL MOVEMENT SKILLS: Agility-Jump over a line - 10 reps using any type of jump.
THROWING: Able to throw a ball 5 feet.
RECEIVING: Able to catch a ball thrown from 5 feet.
HITTING: Able to hit a ball off a tee.
BASERUNNING: Able to run around the bases in the correct direction without stopping.
COMMENTS:

JAB – LEVEL 2 (use 9” RIF)

FUNDAMENTAL MOVEMENT SKILLS: Balance – Stand on 1 leg without moving for 5 seconds (Both Legs)
THROWING: Able to throw 3/5 balls to coach from 10 feet.
RECEIVING: Able to field 3/5 ground balls from 15 feet.
HITTING: Able to hit 3/5 fair balls off a tee.
BASERUNNING: Able to hit off a tee and run through 1st base.
COMMENTS:

HOOK – LEVEL 1 (use 11” RIF)

FUNDAMENTAL MOVEMENT SKILLS: Coordination - 10 Jumping Jacks without stopping
THROWING: Able to throw the ball 20 feet in the air.
RECEIVING: Able to catch 3/5 flyballs from 15 feet height.
HITTING: Able to hit 1/5 fair balls thrown underhand.
BASERUNNING: Able to run 2 bases and stopping at the final base without overrunning.
COMMENTS:

HOOK – LEVEL 2 (use 11” RIF)

FUNDAMENTAL MOVEMENT SKILLS: Agility - Able to touch 6 cones placed in a star shape, while always looking forward.
THROWING: Able to throw 3/5 balls to coach from 25 feet.
RECEIVING: Able to field 3/5 grounders to the right and 3/5 grounders to the left (50').
HITTING: Able to hit 3/5 underhand balls.
BASERUNNING: Able to run 20' followed by a feet first slide (no bases).
COMMENTS:

UPPER CUT – LEVEL 1 (use 11” RIF)

FUNDAMENTAL MOVEMENT SKILLS: Balance - Squatting like a catcher, and squat jump to right, and then to left (5 times each).
THROWING: Able to throw the ball 40 feet in the air.
RECEIVING: Able to catch 3/5 flyballs to the right and 3/5 flyballs to the left (5-10 feet left and right) at 15 feet height.
HITTING: Able to hit 3/5 fair balls passed the normal baseline (can be rolling).
BASERUNNING: Able to run to a base and slide at the base.
COMMENTS:

UPPER CUT – LEVEL 2 (use 11” RIF)

FUNDAMENTAL MOVEMENT SKILLS: Coordination - Juggling 2 balls with 2 hands for 5 seconds using transfer or cross method.
THROWING: From fielding position, I can throw 3/5 to 1st base from shortstop.
RECEIVING: Able to catch a total of 13/15 balls out of 5 grounders, 5 fly balls, and 5 balls thrown by a partner from distance of 15 feet.
HITTING: Able to hit 3/5 fair balls from pitching machine at speed passed baseline.
BASERUNNING: Able to run 1st to 3rd and slide evasively at the base.

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