



## SKILLS Assessment and Challenge

5 - 10- 5 Shuttle                      Each player timed twice. 3 Cones spread 5 yards apart.

60 Yard Dash                          Each player timed twice running bases.

Pop Time                                Catchers throws timed twice from Home to 2<sup>nd</sup> Base

Velo                                        Players timed on 3 throws

Homerun Derby                      HR Derby on 2 Fields

PG Staff will direct players to each Skills Station on Thursday night.