



New Trier Baseball Tryout Evaluation Process

Pitching

New Trier Baseball coaches evaluate pitchers based on a combination of **stuff, command, mechanics, athleticism, and mentality.**

1. Strike Throwing Ability

We look for pitchers who consistently throw strikes. Command of the fastball is critical at the high school level and must be able to locate to each side of the plate.

2. Mechanics & Repeatability

Clean, repeatable mechanics that promote balance, direction, and arm health stand out.

3. Velocity & Movement

While velocity matters, movement and life on the fastball can be just as important. Varsity and JV level pitchers must show feel for a secondary pitch.

4. Composure & Competitiveness

How a pitcher responds to adversity — walks, hard contact — is heavily evaluated. Body language, mound presence, and confidence matter.

5. Baseball IQ

Understanding situations, holding runners, fielding position, and attacking hitters with purpose are evaluated.

6. Coachability & Work Ethic

Willingness to adjust, take instruction, and the ability to be consistent each day will be challenged during tryouts.



Hitting and Defense



New Trier Baseball coaches evaluate position players using a combination of **skills, athleticism, baseball IQ, and intangibles.**

1. Fundamental Skills

We watch throwing mechanics, arm strength, fielding technique, hitting mechanics, bat speed, and bunting. Clean fundamentals and consistency are being heavily evaluated.

2. Athleticism

Speed, agility, body control, and overall coordination matter. Hustle in drills, quick first steps, and efficient movements are being evaluated.

3. Competitiveness & Effort

Body language, hustle in and out of drills, focus between reps, and how a player responds to adversity are closely observed.

4. Coachability & Attitude

Players who listen, apply instruction quickly, encourage teammates, and show maturity are highly valued.

5. Positional Versatility

The ability to play multiple positions increases a player's value to the program