






Green Cap



Berwick City
Cougars
Baseball Club
www.berwickcitycougars.com

NAME:

-  Throwing: able to throw a ball 9 of 15 balls to a target at 10 metres
-  Catching: able to catch 5 fly balls, 5 ground balls and 5 thrown from 8 metres
-  Hitting: able to hit 5 of 10 balls past the base paths
-  Base running: able to make a banana turn at 1st base
-  General: know where to throw the ball depending on the fielding situation