



Hitting

Contact quality, plate discipline, situational approach, and power tool. Premium edition includes prescribed drill blocks for advancing each level.

PLAYER: _____ AGE / LEVEL: _____ COACH: _____ DATE: _____

LEVEL	MASTERY CRITERIA	AVERAGE EXIT VELO BY AGE	NEXT-LEVEL DRILL PLAN	MARK
ROOKIE BALL	Athletic stance, balanced over the back side Makes contact off a tee > 80% of swings Knows the strike zone, takes balls in tee work	10U 40 mph EV 12U 50 mph 14U 60 mph 16U+ 70 mph	Tee work daily, sound-of-contact reps, soft-toss progression.	☐
LOW-A	Repeats simple load + stride Hard contact off front-toss machine Lays off pitches a foot out of zone in batting practice	10U 48 mph 12U 58 mph 14U 68 mph 16U+ 78 mph	Front toss to drive zone, plate discipline reps, hands-inside drill.	☐
HIGH-A	Hits live arm in BP > 70% hard contact Tracks pitch out of pitcher's hand Makes adjustments from coach feedback within 10 swings	10U 55 mph 12U 65 mph 14U 74 mph 16U+ 82 mph	Live pitching reps 2x/week, vision drills (numbers/colors), film review.	☐
DOUBLE-A	Drives ball to all three fields in BP In-game contact rate > 80%, K-rate < 25% Two-strike approach: shorter swing, foul-off ability	10U 60 mph 12U 70 mph 14U 80 mph 16U+ 85 mph	Opposite-field toss series, two-strike battle drill, pitch-recognition machine.	☐
TRIPLE-A	Situational hitter: moves runners, drives in 3B with < 2 outs BB-rate > 10%, OBP > .400 vs peers Average exit velo above league median	10U — 12U 74 mph 14U 83 mph 16U+ 88 mph	Constraint-based hitting (situational scoring), weighted bat work, plate-discipline study.	☐
MAJOR LEAGUE	Top-end exit velo & bat speed for age Pulls ball in air on strikes inner-half Recognizes spin out of hand, lays off chase	10U — 12U 78 mph 14U 88 mph 16U+ 93 mph	Overload/underload bat training, vBat or HitTrax tracking, pitcher-specific scout reports.	☐
ALL-STAR	Recruitable EV (95+ HS / 100+ college) Plus hit + plus power tool Performs in elite tournament / showcase environments	10U — 12U — 14U 95 mph 16U+ 100+ mph	Pro-style daily hitting plan, biomechanics review, recovery + nutrition programming.	☐

HOW TO USE THIS RUBRIC

- Evaluate the player against every level's criteria, lowest first.
- Assign the highest level where they meet ALL criteria.
- The next level's criteria become this season's focus.
- Re-evaluate at mid-season & end-of-season checkpoints.

TYPICAL LEVEL BY AGE

4-6 (T-Ball)	Single-A → Double-A
7-8 (Coach Pitch)	Double-A → Triple-A
9-10 (Kid Pitch)	Triple-A → Major League
11-12 (Little League)	Low-A → Double-A
13-14 (Travel)	Double-A → Triple-A
15-16 (JV)	Triple-A → Major League
17-18 (Varsity)	Major League → All-Star
College / Elite	All-Star