



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