



Hitting

Contact quality, plate discipline, situational approach, and power tool. Rookie Ball through All-Star with fastpitch-specific benchmarks.

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

LEVEL	MASTERY CRITERIA	AVERAGE EXIT VELO BY AGE	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	☐
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	☐
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	☐
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	☐
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	☐
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	☐
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	☐

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