



Pitching

Velocity, command, pitch arsenal, and circle composure. Premium edition includes prescribed drill blocks for advancing each level.

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

LEVEL	MASTERY CRITERIA	FASTBALL VELO BY AGE	NEXT-LEVEL DRILL PLAN	MARK
ROOKIE BALL	Throws from a stretch with balanced posture 40–50% of pitches reach the strike zone in bullpen Knows how to grip a 4-seam fastball	10U 35 mph FB 12U 40 mph 14U 50 mph 16U+ 60 mph	Towel drills, bullpen 30 ft mound work, balance-point holds.	☐
LOW-A	Repeatable wind-up and stretch delivery 55–60% strike rate in bullpen Throws fastball + change-up with intent	10U 45 mph FB 12U 50 mph 14U 58 mph 16U+ 68 mph	Long toss to 90 ft, change-up grip work, glove-side drill.	☐
HIGH-A	60% game strike rate, <1 BB per inning Two pitches usable in counts (FB + 1 offspeed) Holds runners with slide step + look	10U 52 mph FB 12U 58 mph 14U 65 mph 16U+ 74 mph	Command grids, pickoff reps, mound conditioning long toss.	☐
DOUBLE-A	65%+ first-pitch strikes Two-pitch mix consistently locates to glove side Fields his/her position cleanly (PFP)	10U 58 mph FB 12U 64 mph 14U 72 mph 16U+ 80 mph	PFPs daily, weighted ball maintenance, FB command box drill.	☐
TRIPLE-A	Three-pitch arsenal (FB + 2 secondaries) Tunnels FB / breaking ball at release Goes 4+ innings holding strike rate > 65%	10U — 12U 70 mph 14U 78 mph 16U+ 85 mph	Tunneling work, slo-mo video review, plyo-ball overload/underload.	☐
MAJOR LEAGUE	Plus pitch by metric (Stuff+ > 105 / spin / IVB) Sequences pitches by hitter scouting report Holds runners with consistent < 1.30 sec home time	10U — 12U 74 mph 14U 82 mph 16U+ 88 mph	Bullpen sequencing vs scouting card, Edgertonic feedback, recovery program.	☐
ALL-STAR	Two plus pitches (Stuff+ > 110) Locates secondaries to both sides of plate Recruitable by D1 / drafted profile	10U — 12U — 14U 88 mph 16U+ 93+ mph	Year-round periodization, recovery science, video + biomech maintenance.	☐

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