



Pitching

Velocity, command, pitch arsenal, and circle composure. Rookie Ball through All-Star with measurable benchmarks per age.

PLAYER: _____

AGE / LEVEL: _____

COACH: _____

DATE: _____

LEVEL	MASTERY CRITERIA	FASTBALL VELO BY AGE	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	☐
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	☐
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	☐
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	☐
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	☐
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	☐
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	☐

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