



# Speed & Baserunning

60-yard dash, secondary leads, base-stealing reads, and game-IQ on the bases. Premium edition includes prescribed drill blocks for advancing each level.

PLAYER: \_\_\_\_\_ AGE / LEVEL: \_\_\_\_\_ COACH: \_\_\_\_\_ DATE: \_\_\_\_\_

| LEVEL        | MASTERY CRITERIA                                                                                                                      | 60-YARD DASH BY AGE                                            | NEXT-LEVEL DRILL PLAN                                                     | MARK                     |
|--------------|---------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|---------------------------------------------------------------------------|--------------------------|
| ROOKIE BALL  | Runs hard out of the box every time<br>Knows base path: stays in the running lane<br>Tags up on caught fly balls                      | 10U 11.0 sec 60<br>12U 10.0 sec<br>14U 9.0 sec<br>16U+ 8.5 sec | Sprint mechanics, secondary lead drill, tag-up reps.                      | <input type="checkbox"/> |
| LOW-A        | Proper turn at 1B on extra-base hits<br>Reads the ball: knows when to take an extra base<br>Slides feet-first, both directions        | 10U 10.5 sec<br>12U 9.5 sec<br>14U 8.5 sec<br>16U+ 8.0 sec     | Bag-turn drill, sliding mat work, situational baserunning circuit.        | <input type="checkbox"/> |
| HIGH-A       | Reads ground balls correctly (advance or hold)<br>Secondary lead with good shuffle & read<br>Steals bases with simple read of pitcher | 10U 10.0 sec<br>12U 9.0 sec<br>14U 8.2 sec<br>16U+ 7.6 sec     | Read-and-react fungo, leadoff timing drill, jumps off pitcher.            | <input type="checkbox"/> |
| DOUBLE-A     | Above-average 60-yard for peers<br>Steals base on pitcher tells (slide-step lapse, etc.)<br>First-and-third reads clean               | 10U 9.5 sec<br>12U 8.5 sec<br>14U 7.8 sec<br>16U+ 7.2 sec      | Sprint program (10-/30-/60-yard), 1st-and-3rd situational reps.           | <input type="checkbox"/> |
| TRIPLE-A     | Plus speed (sub 8.0 60 HS / sub 9.0 youth)<br>Disrupts opposing pitcher with leads<br>Steals 2B successfully > 75% of attempts        | 10U 9.0 sec<br>12U 8.0 sec<br>14U 7.4 sec<br>16U+ 7.0 sec      | Stride-frequency work, weighted-vest sprints, video on top base stealers. | <input type="checkbox"/> |
| MAJOR LEAGUE | Top-tier 60 (sub 7.4 HS) — recruitable speed<br>Reads pickoff move, breaks at first move<br>Scores from 2B on routine singles         | 10U —<br>12U 7.5 sec<br>14U 7.1 sec<br>16U+ 6.8 sec            | Olympic-style sprint program, plyometrics, pickoff-read film study.       | <input type="checkbox"/> |
| ALL-STAR     | Recruitable / pro speed tool (sub 6.7 60)<br>Elite first-step quickness<br>Game-changing weapon — defines the lineup                  | 10U —<br>12U —<br>14U 6.7 sec<br>16U+ 6.4 sec                  | Year-round elite speed maintenance + recovery + biomech.                  | <input type="checkbox"/> |

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                |