



Speed & Baserunning

60-yard dash, secondary leads, base-stealing reads, and game-IQ on the bases. The speed tool plus the brain to use it.

PLAYER: _____

AGE / LEVEL: _____

COACH: _____

DATE: _____

LEVEL	MASTERY CRITERIA	60-YARD DASH BY AGE	MARK
ROOKIE BALL	Runs hard out of the box every time Knows base path: stays in the running lane Tags up on caught fly balls	10U 11.0 sec 60 12U 10.0 sec 14U 9.0 sec 16U+ 8.5 sec	☐
LOW-A	Proper turn at 1B on extra-base hits Reads the ball: knows when to take an extra base Slides feet-first, both directions	10U 10.5 sec 12U 9.5 sec 14U 8.5 sec 16U+ 8.0 sec	☐
HIGH-A	Reads ground balls correctly (advance or hold) Secondary lead with good shuffle & read Steals bases with simple read of pitcher	10U 10.0 sec 12U 9.0 sec 14U 8.2 sec 16U+ 7.6 sec	☐
DOUBLE-A	Above-average 60-yard for peers Steals base on pitcher tells (slide-step lapse, etc.) First-and-third reads clean	10U 9.5 sec 12U 8.5 sec 14U 7.8 sec 16U+ 7.2 sec	☐
TRIPLE-A	Plus speed (sub 8.0 60 HS / sub 9.0 youth) Disrupts opposing pitcher with leads Steals 2B successfully > 75% of attempts	10U 9.0 sec 12U 8.0 sec 14U 7.4 sec 16U+ 7.0 sec	☐
MAJOR LEAGUE	Top-tier 60 (sub 7.4 HS) — recruitable speed Reads pickoff move, breaks at first move Scores from 2B on routine singles	10U — 12U 7.5 sec 14U 7.1 sec 16U+ 6.8 sec	☐
ALL-STAR	Recruitable / pro speed tool (sub 6.7 60) Elite first-step quickness Game-changing weapon — defines the lineup	10U — 12U — 14U 6.7 sec 16U+ 6.4 sec	☐

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