



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 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	Sprint mechanics, secondary lead drill, tag-up reps.	☐
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	Bag-turn drill, sliding mat work, situational baserunning circuit.	☐
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	Read-and-react fungo, leadoff timing drill, jumps off pitcher.	☐
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	Sprint program (10-/30-/60-yard), 1st-and-3rd situational reps.	☐
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	Stride-frequency work, weighted-vest sprints, video on top base stealers.	☐
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	Olympic-style sprint program, plyometrics, pickoff-read film study.	☐
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	Year-round elite speed maintenance + recovery + biomech.	☐

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