



Throwing

Positional throwing, NOT pitching. Premium edition includes prescribed drill blocks for advancing each level.

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

LEVEL	MASTERY CRITERIA	THROW VELOCITY BY AGE	NEXT-LEVEL DRILL PLAN	MARK
ROOKIE BALL	Throws with 4-seam grip, fingers across seams Hits target from 30 ft 60% of throws Uses lower half (stride toward target)	10U 35 mph 12U 45 mph 14U 55 mph 16U+ 65 mph	One-knee drill, partner catch, throwing program (J-band warm-up).	☐
LOW-A	High elbow, glove tucks at finish Accurate from 60 ft chest-high Makes the relay throw on the run	10U 45 mph 12U 52 mph 14U 62 mph 16U+ 72 mph	Bow-and-arrow drill, walking long toss, target square drill.	☐
HIGH-A	Long toss out to 120 ft on a line Clean transfer from glove → throw < 1 sec Throws from any angle (3/4, sidearm) when needed	10U 52 mph 12U 58 mph 14U 68 mph 16U+ 78 mph	Long toss program (Jaeger-style), quick-release transfer reps.	☐
DOUBLE-A	Long toss 180 ft+ (HS), 120 ft+ (youth) Carries throw to base on a hop, knee high Holds form on rushed plays	10U 58 mph 12U 65 mph 14U 74 mph 16U+ 82 mph	Position-specific throwing, footwork patterns, rotational med-ball.	☐
TRIPLE-A	Plus arm at position (top-tier OF carries to plate, IF turns DP cleanly) Pop time (catcher) under 2.10 sec to 2B Stays accurate when fatigued late game	10U — 12U 70 mph 14U 80 mph 16U+ 86 mph	In-season arm-care program, pop-time work, video accountability.	☐
MAJOR LEAGUE	Top-tier arm strength for age (recruitable OF velo) Plus accuracy: hits cutoff or base on a line Quick release when ball is hit in your area	10U — 12U 74 mph 14U 85 mph 16U+ 90 mph	Plyo-ball training, arm path video, position-specific scout drills.	☐
ALL-STAR	Recruitable / pro-level arm tool Plus arm + plus accuracy at full effort Durability across 60+ game season	10U — 12U — 14U 92 mph 16U+ 95+ mph	Year-round elite throwing program, biomech maintenance, recovery science.	☐

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