

BATTLE UP! PLAYER DEVELOPMENT

Throwing Goals Chart For Competitive Baseball Players

Arm Strength Goals (Using Radar Gun Results)

1. If your age is >>	8	9	10	11	12	13	14	15	16 and over	
	Velocity (mph)	Velocity (mph)	Velocity (mph)	Velocity (mph)	Velocity (mph)	Velocity (mph)	Velocity (mph)	Velocity (mph)	Velocity (mph)	
>> Outstanding	50	55	60	65	70	75	80	85	90	Professional <<
>> Above Average	45	50	55	60	65	70	75	80	85	Collegiate <<
>> Average	40	45	50	55	60	65	70	75	80	High School <<
>> Below Average	35	40	45	50	55	60	65	70	75	Recreational <<

2. And this is your current maximum throwing velocity

3. Then this is your projected developmental track

Arm Strength Goals (Using Throwing Distance Results)

1. If your age is >>	8	9	10	11	12	13	14	15	16 and over	
	Distance (feet)	Distance (feet)	Distance (feet)	Distance (feet)	Distance (feet)	Distance (feet)	Distance (feet)	Distance (feet)	Distance (feet)	
>> Outstanding	125	150	175	200	225	250	275	300	325	Professional <<
>> Above Average	100	125	150	175	200	225	250	275	300	Collegiate <<
>> Average	75	100	125	150	175	200	225	250	275	High School <<
>> Below Average	50	75	100	125	150	175	200	225	250	Recreational <<

2. And this is your current maximum throwing distance

3. Then this is your projected developmental track

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