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)		
>> Outstandin	^g 50	55	60	65	70	75	80	85	90	Professional <<	3. Then this is your projected developmental
>> Above Ave	rage 45	50	55	60	65	70	75	80	85	Collegiate <<	
2. And this is your >> Average	40	45	50	55	60	65	70	75	80	High School << Y C	
current maximum throwing velocity >> Below Ave	rage 35	40	45	50	55	60	65	70	75	de Recreational << tra	
Arm Strength Goals (Using Throwing Distance Results)											
1. If your age is >	> 8 Distance	9 Distance	10 Distance	11 Distance	12 Distance	13 Distance	14 Distance	15 Distance	16 and o		
	(feet)	(feet)	(feet)	(feet)	(feet)	(feet)	(feet)	(feet)	(feet)		
>> Outstandir	[,] 125	150	175	200	225	250	275	300	325	Professional <<	
>> Above Ave	rage 100	125	150	175	200	225	250	275	300	Collegiate << 3.	3. Then this is your projected
2. And this is your >> Average	75	100	125	150	175	200	225	250	275	High School << Y C	
current maximum throwing distance >> Below Ave	rage 50	75	100	125	150	175	200	225	250	de Recreational << tra	evelopmental ack
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