GENERAL NORMS FOR THE SKILLS TESTING OF PROFESSIONAL AND COLLEGE BASEBALL PROSPECTS

SKILL TEST	PRO LEVEL HIGH NCAA D-I		LOW NCAA D-I JUNIOR COLLEGE		NCAA D-II/III SMALL COLLEGE	
	SS-CF	OTHER	SS-CF	OTHER	SS-CF	OTHER
60 YARD DASH	6.6-6.8	6.8-7.0	6.8-7.0	7.0-7.2	7.0-7.2	7.2-7.4
20 YARD LATERAL BREAK	2.5-2.6	2.6-2.7	2.6-2.7	2.7-2.8	2.8-2.9	2.9-UP
40 YARD TURN TIME	5.0-5.1	5.1-5.2	5.2-5.3	5.3-5.4	5.4-5.5	5.6-UP
HOME TO 1ST BASE	4.0-4.2	4.2-4.4	4.4-4.6	4.6-4.8	4.8-5.0	5.0-UP
INFIELD GLOVE-TO-GLOVE	1.8-2.0		2.0-2.1		2.2 UP	
INFIELD VELOCITY	80 UP		75-80		75 DOWN	
OUTFIELD GLOVE-TO-GLOVE	2.0-2.5		2.5-3.0		3.0 UP	
OUTFIELD VELOCITY	85 UP		80-85		80 DOWN	
CATCHER GLOVE-TO-GLOVE	1.8-2.0		2.0-2.2		2.2 UP	
CATCHER VELOCITY	85 UP		80-85		80 DOWN	
PITCHER FASTBALL	85 UP		80-85		80 DOWN	
PITCHER BREAKING BALL SLIDER CURVE	MINUS 6-8 MPH MINUS 14-15 MPH		MINUS 6-8 MPH MINUS 14-15 MPH		MINUS 6-8 MPH MINUS 14-15 MPH	
PITCHER CHANGE UP	MINUS 16-18 MPH		MINUS 16-18 MPH		MINUS 12-14 MPH	
BAT SPEED/HAND STRENGTH	90 MPH AND UP		85-90 MPH		UNDER 85 MPH	

TESTING RESULTS DISCLAIMER: There is the probability of a 2-3 percent human error in recording and transcribing numbers.

SKILLS EVALUATION

Running Skills

60-Yard Run – This is straight ahead speed and reflects running form and strength. It is not sports specific for baseball. College coaches and professional scouts do value the 60 time as a primary indicator of speed. It is also position specific with higher requirements for more skilled positions.

20-Yard Lateral Break – This skill measures the starting quickness and 10 step speed from a base running position at 1st base. The left foot is 15 feet from first base and in a direct line from first base. The time begins on first movement and is taken as the runner crosses a line 15 feet from 2nd base. This eliminates the runner's sliding ability from the equation. This drill is generally accepted as the best indicator of a player's ability to steal bases. No sliding.

40-Yard Turn Time – The player starts 30 feet from 2nd base in a direct line from the base with the left foot on the 30 ft. mark. The player runs the turn at 3rd base and is timed as he crosses the 30 ft. mark from home plate. This test measures angular running ability and the ability to go from 1st to 3rd base and 2nd to home plate.

Home to 1st Base- Timed at bat contact (or simulated) to 1st base contact.

Note: All times are taken by the clocker based on the first movement of the runner. Each skill will be tested twice.

Defensive Skills

Outfield Glove-to-Glove Time – All outfielders start in a 20 foot square grid with the bask line at the 200 foot distance from home plate. The ball must be caught in the square and released before the fielder crosses the 180 foot mark. Three throws will be taken with the average of the top two recorded. The glove-to-glove skill reflects arm strength, throwing mechanics, and accuracy. Each 1/10 of a second represents 2 feet of running time for the average runner.

Outfield Velocity – The outfielder's arm strength is often compared to that of a pitcher from the mound. Most coaches and pro scouts use this skill along with the 60-yard dash time to project the player into a left field, center field, right field position.

Infielder Glove-to-Glove Time – All infielders (2B, 3B, SS) take the hand thrown ball in a 15 square foot box that represents the normal shortstop position. Each player can advance on the ball to create rhythm and release the ball inside the front edge of the box. This timed skill represents a combination of throwing mechanics, arm strength, and accuracy. The first baseman throws to 3rd base from a box that is 15 fet square with the front edge marked from 1st to 2nd base. Three throws will be taken with the average of the top two recorded.

Infield Velocity – The players arm strength is reflected by his velocity, but is only one indicator of ability. The ability to throw the ball from a variety of positions and arm angles with an adequate glove-to-glove time defines the modern day infielder.

Catcher Glove-to-Glove – The catcher is in full gear in the normal defensive position with the pitcher throwing from the mound (or slightly in front). As with outfielders and infielders, this skill reflects the combination of throwing mechanics, arm strength, and accuracy. Three throws will be taken with the average of the top two recorded. Again, 1/10 of a second reflects two feet of running time for the average runner.

Catcher Velocity – The radar gun is positioned behind the catcher and the velocity reading is recorded as the ball passes the pitching mound. There is normally a 4 to 6 mph drop in velocity as the ball reaches 2nd base.

Offensive

Bat Speed/Hand Strength – This skill is measured from a batting T set in the middle of the strike zone on home plate. The hitter must hit a line drive with 30 feet of travel to a net between a triangle grid whose lines would run to the SS and 2B positions. This static ball test measures bat speed, hand strength, and bat accuracy. Many consider this test to be a superior indicator of hitting success at the college and pro level. For maximum accuracy, two radar guns should be used at the SS and 2B angles with the average score between the two recorded. A minimum of 3 swings should be evaluated. The ball cannot hit the ground before contacting the net.