



ONE SOFTBALL STARTER GUIDE FOR PHYSICAL STANDARDS MEASUREMENTS

CATEGORY	OVERHAND THROW VELOCITY	BALL EXIT SPEED	PRO AGILITY/ SHUTTLE (5-10-5)	20 YARD SPRINT
TEST	All positions	All hitters	All positions	All positions
CANDIDATES	7 th - 12 th graders	7 th - 12 th graders	7 th - 12 th graders	7 th - 12 th graders
EQUIPMENT REQUIRED	12" regulation softballs Receiving net Radar Device	50' of dirt, turf or gym floor Batting Tee New Regulation Softballs Net to hit into Radar Device	40 ft. of dirt or turf Something to mark a line (chalk, tape, etc.) Stopwatch Measuring tape	70 ft. of dirt or turf A start and finish line marked Stopwatch or laser measuring device Measuring tape
SET-UP REQUIRED	Mark throwing line Place receiving net or catcher/receiver at the receiving line.	Set up hitting tee approximately 3' in front of net. Radar operator set up behind net	Middle cone with side lateral cones 5 yards to each side Lateral cones staggered slightly behind center cone to avoid tripping on center cone.	Mark 20 yards with cones or other marks
MEASUREMENT PROCESS	Six throws from behind the line Measure with radar from behind net Record 3 top speeds	Record top 3 times Measure speed of ball from behind batter Calculate average ball exit speed of all valid hits	Test both directions and average two repetitions. To start, player touches center cone with glove side hand. Player sprints 5 yards to one line, 10 yards to far line and back to center line. Start the stopwatch when hand leaves center cone and stops when returns back to the center cone. Player faces the same direction the whole time. When starting to the right, right hand touches line, then left hand on opposite line, sprint through center line.	Athlete will make two runs Athlete assumes ready position behind line Timer starts when first foot hits the ground after start. Timer stops when any part of athlete crosses finish line It is recommended that timer uses index finger instead of thumb; index responds quicker than thumb Run a third time if times are very inconsistent