

NFCA Testing Measurables

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In an effort to bring more clarity to the world of softball recruiting, the NFCA has put together a series of objective measurables. These measurables, while they do not replace in-person softball skill evaluation, can serve as an aid to both coaches and recruits as an early step in the recruiting process. By providing a snapshot of athletic ability for college coaches, they open the door to athletes in all areas of the country regardless of access to top level travel teams, geographic location, resources, etc.

The NFCA has developed two measuring options: a basic option, where equipment should be easy and inexpensive to obtain, and an advanced option that requires electronic equipment. The basic option is outlined below, while you can obtain the advanced best practices and more detailed information for both options on the NFCA web site at www.nfca.org.

Good luck on your path to college stardom!



Fastest Pitch Velocity	Pitcher selects her fastest pitch and throws it 3 times; if a pitch “misses” the readable area, it counts as an attempt but not a valid speed; recorder records all 3 speeds with a radar gun.
Change Up Pitch Velocity	Same process, except pitcher selects off-speed pitch.
RPM	Same process except RPM (revolutions/minute) and speed are recorded using a RevFire gun; pitcher selects one movement pitch for all attempts.
Pop Time	Catcher starts with both feet square on the line behind home plate; in stance with catching arm extended and ball in glove; start stop watch on first move; end when hits glove/net at second base; best 3 times recorded.
Overhand Throw Velocity	6 shuffle and throws from behind the line; throw distance is 60 feet; measure with radar gun from behind thrower; 3 best speeds recorded.
Ball Exit Speed	5 attempts total, record top 3 times; ball is placed on a tee and batter hits into a net; measure speed of ball from behind the batter; take the best 3 ball exit speeds; calculate average ball exit speed of all valid hits.
Pro Agility Shuttle	2 runs; run 5-10-5 yards; to start, player touches center cone with glove side hand; stopwatch starts when hand leaves center cone and stops when returns back to the center cone only after touching both lateral side cones with hand; player must face 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; test both directions and average.
20 Yard Sprint	2 runs; run 60 feet; 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.
Vertical Jump	3 jumps; athlete stands side-on to a wall and reaches up with the hand closest to the wall; keeping the feet flat on the ground, the point of the fingertips is marked or recorded – this is called the standing reach height; athlete then stands away from the wall and leaps vertically as high as possible using both arms and legs to assist in projecting the body upwards – attempt to touch the wall at the highest point of the jump; recorder marks the peak of jump on the wall; the difference in distance between the standing reach height and the jump height is the score; the best of 3 attempts is recorded.

NFCA Recruiting Standards Task Force - Objective Measurables - Level I

Category	Fastest Pitch Velocity	Change up (off speed) Velocity	RPM	Overhand throw velocity	Pop time
Test	Pitchers	Pitchers	Pitchers	All Positions	Catchers
Candidates	7th - 12th graders	7th - 12th graders	7th - 12th graders	7th - 12th graders	7th - 12th graders
Equipment Required	<ul style="list-style-type: none"> 50' of dirt, turf, grass, or gym floor Tape Measure Six (6) 12" Regulation Softballs Receiving net (or catcher) Radar gun Pitching Rubber (optional) Home Plate (optional) 	<ul style="list-style-type: none"> 50' of dirt, turf, grass, or gym floor Tape Measure Six (6) 12" Regulation Softballs Receiving net (or catcher) Radar gun Pitching Rubber (optional) Home Plate (optional) 	<ul style="list-style-type: none"> 50' of dirt, turf, grass or gym floor Tape Measure Two (2) 12" RevFire softballs Pitching Rubber (perm or temp) Home Plate (temp or perm) Receiving net (or catcher) RevFire Radar gun 	<ul style="list-style-type: none"> 70 feet of grass/turf/gym floor Chalk/paint/marker for throw line(s) Six (6) 12" regulation softballs Receiving net or catcher/receiver Pocket Radar 	<ul style="list-style-type: none"> Tape Measure Stop Watch Softballs Receiving net (or receiver) Full Catcher's Gear
Estimated cost of equipment	<ul style="list-style-type: none"> Pocket Radar - \$200 Pop-up net - \$135 Pitching Rubber - \$12 Home Plate - \$20 Ball - (3x\$8) \$24 	<ul style="list-style-type: none"> Pocket Radar - \$200 Pop-up net - \$135 Pitching Rubber - \$12 Home Plate - \$20 Ball - (3x\$8) \$24 	<ul style="list-style-type: none"> Pocket Radar - \$200 Pop-up net - \$135 Pitching Rubber - \$12 Home Plate - \$20 RevFire - \$350 	<ul style="list-style-type: none"> Pocket Radar - \$200 Pop-up net - \$135 Pitching Rubber - \$12 Home Plate - \$20 Bucket of Balls - (~2 doz) \$110 	<ul style="list-style-type: none"> Stop Watch - \$10 Softballs - (3x\$8) \$24 Receiving net - \$135
Personnel needed	<ul style="list-style-type: none"> Set-up person Radar gun operator 	<ul style="list-style-type: none"> Set-up person Radar gun operator 	<ul style="list-style-type: none"> Set-up person Radar gun operator RevFire operator 	<ul style="list-style-type: none"> Set-up person Radar gun operator 	<ul style="list-style-type: none"> Set-up person Stop Watch Operator receiver (short stop)
Set-up required	<ul style="list-style-type: none"> Measure 43' Place 3 balls behind pitching rubber Receiving net behind home plate (or a catcher) Radar gun behind net, catcher or pitcher 	<ul style="list-style-type: none"> Measure 43' Place 3 balls behind pitching rubber Receiving net behind home plate (or a catcher) Radar gun behind net, catcher or pitcher 	<ul style="list-style-type: none"> Measure 43' Place 3 balls behind pitching rubber Receiving net behind home plate (or a catcher) Radar gun behind net, catcher or pitcher 	<ul style="list-style-type: none"> Mark throwing line Measure 60' from throwing line and mark receiving line Place receiving net or catcher/receiver at the receiving line 	<ul style="list-style-type: none"> Measure 84 ft and 10 1/4 inches. Place home plate. Draw another line 3 feet behind back point of home plate. Catcher set up behind home plate in full catcher's gear Receiver is sitting on bucket 84 ft and 10 1/4 inches from home plate. Cannot leave bucket to receive ball. Catcher starts with both feet square on line behind home plate.
Measurement Process	<ul style="list-style-type: none"> Pitcher selects her fastest pitch and throws three pitches. Recorder records all three speeds 	<ul style="list-style-type: none"> Pitcher selects her off-speed pitch and throws three pitches. Recorder records all three speeds 	<ul style="list-style-type: none"> Pitcher selects a pitch and throws three pitches. Recorder records type of pitch, all three speeds and all three RPM. 	<ul style="list-style-type: none"> 6 shuffle and throws from behind the line Measure with radar from behind thrower 3 best speeds If the glove foot is over the line at release the throw does not count 	<ul style="list-style-type: none"> Ball in glove, glove hand fully extended and centered on body, throwing hand behind back at base of spine, in stance. Start timer on first move. 84 ft and 10 1/4 inches for measurement. Best 3 times recorded.
Level 1 equipment options:	<ul style="list-style-type: none"> Pocket Radar Jugs Radar Stalker Atec 	<ul style="list-style-type: none"> Pocket Radar Jugs Radar Stalker Atec 	<ul style="list-style-type: none"> RevFire 	<ul style="list-style-type: none"> Pocket Radar Jugs Radar Stalker Atec 	
Comments					Drop down box explaining different levels and differentiating between regular and ball in glove

Category	Ball exit speed	Pro agility/shuttle (5-10-5)	20 yard sprint	Grip Strength (optional)	
Test	All Hitters	All Positions	All Positions	All Positions	
Candidates	7th - 12th graders	7th - 12th graders	7th - 12th graders	7th - 12th graders	
Equipment Required	<ul style="list-style-type: none"> 50' of dirt, turf or gym floor Hitting Tee Newer Softballs, specs as stated in rulebook Net to hit into (for efficiency) - not required Radar Gun 	<ul style="list-style-type: none"> 40 feet of dirt or turf Something to mark a line (chalk, tape, etc.) Stopwatch Charting material Measuring tape 	<ul style="list-style-type: none"> 70 feet of dirt or turf something to mark a line (chalk, tape, tec) Stopwatch or radar Charting material Measuring tape 	<ul style="list-style-type: none"> Dynamometer Charting Material 	
Estimated cost of equipment	<ul style="list-style-type: none"> Hitting Tee - \$25 Newer Softballs, specs as stated in rulebook \$110 Net to hit into (for efficiency) - \$135 Radar - \$200 	<ul style="list-style-type: none"> Stop Watch - \$10 cones - \$10 	<ul style="list-style-type: none"> Stop Watch - \$10 cones - \$10 	<ul style="list-style-type: none"> Dynamometer - approximately \$280 	
Personnel needed	<ul style="list-style-type: none"> Set-up person Radar operator 	<ul style="list-style-type: none"> Set-up person Radar operator 	<ul style="list-style-type: none"> Set-up person Stop Watch Operator 	Observer/recorder	
Set-up required	<ul style="list-style-type: none"> Set up hitting tee approximately 3' in front of the hitting net. Radar operator, set up behind hitter 	<ul style="list-style-type: none"> Middle cone with side lateral cones 5 yards to each side Lateral cones staggered slightly behind center cone to avoid tripping on center cone. 	<ul style="list-style-type: none"> Delineate 20 yds via cones, marks or lines 		
Measurement Process	<p>Record top 3 times</p> <p>Best 3 ball exit speeds</p> <ul style="list-style-type: none"> Measure speed of ball from behind BATTER Calculate average ball exit speed of all valid hits ** 	<ul style="list-style-type: none"> 2 runs To start, player touches center cone with glove side hand Watch starts when hand leaves center cone and stops when returns back to the center cone only after touching both lateral side cones with hand. Player must face 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. Test both directions and average 	<ul style="list-style-type: none"> 2 runs Athlete assumes ready position behind line Timer starts when first foot HITS the ground (after start) Timer stops when and part of athlete crosses finish line It is recommended that timer uses index finger instead of thumb; index responds quicker than thumb 	<ul style="list-style-type: none"> The subject holds the dynamometer in the hand to be tested, with the arm at right angles and the elbow by the side of the body. The handle of the dynamometer is adjusted if required - the base should rest on first metacarpal (heel of palm), while the handle should rest on middle of four fingers. When ready the subject squeezes the dynamometer with maximum isometric effort, which is maintained for about 5 seconds. No other body movement is allowed. The subject should be strongly encouraged to give a maximum effort. scoring: The best result from 3 trials for each hand is recorded, with at least 15 seconds recovery between each effort. Record best effort for each hand 	
Level 1 equipment options:	<ul style="list-style-type: none"> Tee: Generic tees for level 1 Balls: Specify the specs 	<ul style="list-style-type: none"> cones stopwatch 			
Comments			If the 2 runs times are not consistent, run a third time		