

Top Dog Athletics

Top Dog Baseball

Top Dog Performance Center

Top Dog Softball

WHAT EQUIPMENT SHOULD MY ATHLETE BE USING?

10u

BAT	COMPOSITE	29" - 30"	-10 or -11
GLOVE		11.25"	
SOFTBALL		11"	

DEVELOPMENT DATA TARGET RANGES

10u

BLAST MOTION (AVERAGES)

BAT SPEED	38 - 45 MPH
ROTATIONAL ACCELERATION	2g - 3.5g
ATTACK ANGLE	0° - 15°
EARLY CONNECTION	75° - 110°
ON PLACE EFFICIENCY	55% - 60%

HITTRAX (OFF FRONT TOSS OR MACHINE)

EXIT VELOCITY (AVG)	40 - 50 MPH
DISTANCE (AVG)	100 FT
LINE DRIVE %	40% - 60%

THROWING

OVERHAND THROW	40 - 45 MPH
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STRENGTH & CONDITIONING

BACK SQUAT	PROPER FORM	CORNER SQUAT	45lb
60 FT SPRINT			3.75 - 4.0 Sec
5-10-5 AGILITY			5.8 - 6.4 Sec

PITCHERS

VELOCITY	38 - 45 MPH
PITCHES	MASTER: FASTBALL LOCATE: INSIDE & OUTSIDE
STRIKE %	60%

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7395 N. Bain Fresno, CA 93722
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WHAT EQUIPMENT SHOULD MY ATHLETE BE USING?

12u

BAT	COMPOSITE	31" - 32"	-10
GLOVE	INFIELD: 11.5" - 12"	OUTFIELD: 12"	CATCHER: 34"
SOFTBALL		12"	

DEVELOPMENT DATA TARGET RANGES

12u

BLAST MOTION (AVERAGES)

BAT SPEED	46 - 55 MPH
ROTATIONAL ACCELERATION	3.6g - 4.5g
ATTACK ANGLE	1° - 20°
EARLY CONNECTION	80° - 105°
ON PLACE EFFICIENCY	60 - 85%

HITTRAX (OFF FRONT TOSS OR MACHINE)

EXIT VELOCITY (AVG)	45 - 55 MPH
DISTANCE (AVG)	150 FT
LINE DRIVE %	50 - 65%

THROWING

OVERHAND THROW	45 - 60 MPH
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STRENGTH & CONDITIONING

BACK SQUAT	PROPER FORM	BACK SQUAT	45lb - 115lb
60 FT SPRINT			3.45 - 3.95 Sec
5-10-5 AGILITY			5.6 - 6.2 Sec

PITCHERS

VELOCITY	45 - 52 MPH
PITCHES	MASTER: FASTBALL ADD IN CHANGE UP
STRIKE %	65%

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WHAT EQUIPMENT SHOULD MY ATHLETE BE USING?

14u

BAT	COMPOSITE	31" - 33"	-10 or -9
GLOVE	INFIELD: 11.5" - 12" OUTFIELD: 12" - 12.5"		CATCHER: 34"

If you are swinging a 32" or 33" and your bat speed is 65+ MPH : Swing A (-9)

DEVELOPMENT DATA TARGET RANGES

14u

BLAST MOTION (AVERAGES)

BAT SPEED	50 - 64 MPH
ROTATIONAL ACCELERATION	4.5g - 6g
ATTACK ANGLE	2° - 15°
EARLY CONNECTION	90°
ON PLACE EFFICIENCY	65% - 85%

HITTRAX (OFF FRONT TOSS OR MACHINE)

EXIT VELOCITY (AVG)	50 - 60 MPH
DISTANCE (AVG)	185 FT
LINE DRIVE %	60 - 75%

THROWING

OVERHAND THROW	50 - 65 MPH
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STRENGTH & CONDITIONING

BACK SQUAT	PROPER FORM	BACK SQUAT	135lb - 185lb
60 FT SPRINT			3.0 - 3.75 Sec
5-10-5 AGILITY			5.0 - 5.9 Sec

PITCHERS

VELOCITY	53 - 60 MPH
PITCHES	MASTER FASTBALL & CHANGE UP ADD CURVE, DROP, or RISE
STRIKE %	70%

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WHAT EQUIPMENT SHOULD MY ATHLETE BE USING? HIGH SCHOOL

BAT	COMPOSITE	32" - 34"	-10, -9, -8
GLOVE	INFIELD: 11.5" - 12"	OUTFIELD: 12" - 12.5"	CATCHER: 34"

*If you can consistently swing your bat at 65+ MPH go to a (-9), then progressing to a (-8) or add 1 Inch

DEVELOPMENT DATA TARGET RANGES HIGH SCHOOL

BLAST MOTION (AVERAGES)

BAT SPEED	60 - 65 MPH
ROTATIONAL ACCELERATION	6g +
ATTACK ANGLE	5° - 15°
EARLY CONNECTION	90°
ON PLACE EFFICIENCY	65% - 85%

HITTRAX (OFF FRONT TOSS OR MACHINE)

EXIT VELOCITY (AVG)	65+ MPH
DISTANCE (AVG)	200 FT
LINE DRIVE %	75%

THROWING

OVERHAND THROW	65 MPH +
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STRENGTH & CONDITIONING

BACK SQUAT	PROPER FORM	BACK SQUAT	185lb +
60 FT SPRINT			2.9 - 3.65 Sec
5-10-5 AGILITY			4.8 - 5.75 Sec

PITCHERS

VELOCITY	58 - 64+ MPH
PITCHES	MASTER 3 PITCHES
STRIKE %	70%

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