

# 10U PITCHING METRICS

## **Typical 10U Performance Data**

According to [Fastpitcher](#) and coach consensus from [The Softball Zone](#), performance often scales as follows:

Metric	Average (10U)	Elite (10U)
<b>Velocity</b>	35–40 MPH	45–50+ MPH
<b>Spin Rate (RPM)</b>	~850 RPM	1,050+ RPM
<b>Spin Efficiency (FB)</b>	50% – 60%	85%+