

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)
Velocity	35–40 MPH	45–50+ MPH
Spin Rate (RPM)	~850 RPM	1,050+ RPM
Spin Efficiency (FB)	50% – 60%	85%+