

HS SPIN EFFICIENCY BY PITCH TYPE

Average Spin Efficiency by Pitch Type

Technological benchmarks from [Rapsodo](#) categorize efficiency levels for high school and college-level play:

Pitch Type	Low Efficiency	Average Efficiency	High Efficiency
Drop Ball	54%	72%	90%+
Changeup	46%	68%	90%+
Fastball	30%	50%	70%+
Curveball	21%	39%	57%+
Screwball	21%	39%	57%+
Rise Ball	18%	36%	54%+

Note: Rise balls often show lower efficiency in data because any "gyro" or bullet spin significantly reduces the metric, even if the pitch is effective.