

# OVERHAND THROWING

## VELOCITY

Average overhand throwing velocity for softball players generally ranges from **38 mph** in youth leagues to over **60 mph** for elite college prospects. Outfielders often possess the strongest arms on the field, as they must cover greater distances and meet specific recruiting benchmarks.

### Average Overhand Velocity by Age

The following data reflects average and "goal" (competitive/elite) velocities for dedicated fastpitch players:

Age Group	Average Range (mph)	Goal / Elite Range (mph)
10u & Under	38 – 44	48+
11u – 12u	42 – 46	52+
13u – 14u	46 – 50	54 – 57+
15u – 16u (HS)	50 – 54	57 – 60+
17u – 18u (HS)	54 – 57	60 – 65+

Sources: [Radar Sports](#), [Snap Softball](#)

### College Recruiting Standards (Outfield)

For players aiming to play at the next level, college coaches use specific velocity "core metrics" to evaluate arm strength:

- **Division 1: 60 – 63+ mph.** Elite outfielders often reach **65+ mph** to ensure they can make throws from the warning track to home plate.
- **Division 2 / NAIA: 58 – 60+ mph.**
- **Division 3: 55+ mph.**
- **Junior College: 50 – 55 mph.**

### Outfield Performance Indicators

- **Position Specifics:** Corner outfielders are typically expected to have slightly higher velocity than center fielders, who prioritize [home-to-first speed](#) (2.7–2.9s).
- **Throw Accuracy:** While velocity is a primary scouted metric, coaches also prioritize [fielding percentage](#) (minimum .970–.990) and the ability to hit the cutoff man consistently.