

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.