

5-10-5

Average 5-10-5 (pro agility) times for softball typically range from **4.9 seconds** for elite college athletes to **5.2 seconds** for high school players. This metric evaluates an athlete's lateral quickness and ability to change direction rapidly.

Average 5-10-5 Shuttle Benchmarks

The following norms are based on [NFCA \(National Fastpitch Coaches Association\)](#) standardized testing and recruiting camp data:

Level / Age	Average Range (Seconds)	Elite / Goal (Seconds)
Youth (12u)	5.5 – 6.0	5.3 or lower
Middle School (13u–14u)	5.3 – 5.6	5.0 or lower
High School Varsity	5.1 – 5.3	4.8 – 4.9
College (D1–D3)	4.9 – 5.1	4.6 – 4.7

Sources: NFCA BATS Testing, [OneSoftball Measurables](#)