

GRIP STRENGTH

Average grip strength in softball is typically measured in kilograms (kg) or pounds (lbs) using a [Handheld Dynamometer](#). For female athletes, scores range from approximately **21 kg** in youth leagues to over **37 kg** for elite college players.

Average Grip Strength Benchmarks

The following benchmarks represent "good" to "average" scores for female softball players across various levels:

| Level / Age | Average Range (kg) | Average Range (lbs) |
|---------------------|--------------------|---------------------|
| Youth (11–12 yrs) | 19 – 21 kg | 42 – 46 lbs |
| High School Average | 30 – 33 kg | 66 – 73 lbs |
| High School Elite | 35 – 38 kg | 77 – 84 lbs |
| College (NCAA) | 37 – 40 kg | 81 – 88 lbs |
| Elite Professional | 42+ kg | 92+ lbs |

Sources: NFCA - BATS Metrics, [Softball Zone Forums](#)

Performance Impact in Softball

While general populations peak in grip strength during their 30s, competitive athletes often reach high benchmarks earlier through specialized training.

- **Throwing Velocity:** Studies indicate that grip strength and wrist flexion contribute approximately **8–13% of maximum throwing velocity**. The stronger the fingers, the more pressure and spin (RPM) they can apply to the ball at release.
- **Hitting & Bat Control:** Although [Driveline Baseball](#) suggests that the bat is largely "ballistic" at the moment of contact, grip strength remains crucial for **stabilizing the bat** and maintaining control through the hitting zone.
- **Injury Prevention:** Powerful forearms and hands act as stabilizers against [valgus stress on the elbow](#), potentially reducing the risk of throwing-related injuries.

How to Measure Properly

To get an accurate benchmark comparable to these averages, follow the NFCA Standardized Protocol:

1. Hold the dynamometer with the elbow flexed at a **90-degree angle**.
2. Squeeze with maximum effort for **2–3 seconds**.
3. Perform **two attempts** for each hand and record the average.