



COLLEGE SOFTBALL PITCHING DATA GUIDE



Pitch Type	Velocity (MPH)	Spin Rate (RPM)	Spin Eff.	True Spin (RPM)	Ver. Break (in.)	Hor. Break (in.)
Drop Ball						
Elite	65 +	950 +	97% +	900 +	- 11	< 2
Average	60 - 64	750 - 950	85% - 95%	750 - 850	- 8 - (-11)	2 - 4
Rise Ball						
Elite	65 +	1500 +	94% +	1300 +	13 +	< 2
Average	60 - 64	1200 - 1450	80% - 90%	1000 - 1250	8 - 13	2 - 4
Curve Ball						
Elite	65 +	1300 +	93% +	1100 +	< 2	- 8 +
Average	60 - 64	1100 - 1300	80% - 92%	900 - 1100	2 - 4	- 5 - (-8)
Screw Ball						
Elite	65 +	1100 +	20% - 30%	250 - 400	< 2	2 - 4
Average	60 - 64	900 - 1100	10% - 40%	200 - 500	> 2	< 2
Change Up						
Elite	40 - 50	1300 +	70% - 80%	1100 +	> 8	2 - 4
Averages for change up varies on type and fastball speed						
Fastball						
Elite	65 +	1100 +	80% +	900 +	+/- 1 - 6	1 - 6
Average	60 - 64	900 +	80% +	900 +	+/- 1 - 6	1 - 6

These metrics represent elite standards and should be used for goal setting. Less than 5% of pitchers will achieve similar metrics in each data category.

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