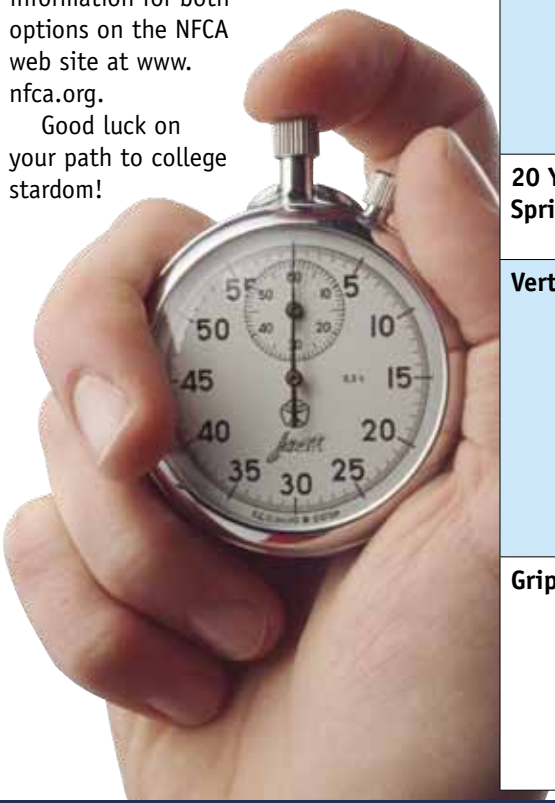
NFCA Testing Measurables

By Rachel Hanson
Head Coach, Dartmouth College

In an effort to bring more clarity to the world of softball recruiting, the NFCA has put together a series of objective measurables. These measurables, while they do not replace in-person softball skill evaluation, can serve as an aid to both coaches and recruits as an early step in the recruiting process. By providing a snapshot of athletic ability for college coaches, they open the door to athletes in all areas of the country regardless of access to top level travel teams, geographic location, resources, etc.

The NFCA has developed two measuring options: a basic option, where equipment should be easy and inexpensive to obtain, and an advanced option that requires electronic equipment. The basic option is outlined below, while you can obtain the advanced best practices and more detailed information for both options on the NFCA web site at www.nfca.org.

Good luck on your path to college stardom!



Fastest Pitch Velocity	Pitcher selects her fastest pitch and throws it 3 times; if a pitch "misses" the readable area, it counts as an attempt but not a valid speed; recorder records all 3 speeds with a radar gun.
Change Up Pitch Velocity	Same process, except pitcher selects off-speed pitch.
RPM	Same process except RPM (revolutions/minute) and speed are recorded using a RevFire gun; pitcher selects one movement pitch for all attempts.
Pop Time	Catcher starts with both feet square on the line behind home plate; in stance with catching arm extended and ball in glove; start stop watch on first move; end when hits glove/net at second base; best 3 times recorded.
Overhand Throw Velocity	6 shuffle and throws from behind the line; throw distance is 60 feet; measure with radar gun from behind thrower; 3 best speeds recorded.
Ball Exit Speed	5 attempts total, record top 3 times; ball is placed on a tee and batter hits into a net; measure speed of ball from behind the batter; take the best 3 ball exit speeds; calculate average ball exit speed of all valid hits.
Pro Agility Shuttle	2 runs; run 5-10-5 yards; to start, player touches center cone with glove side hand; stopwatch starts when hand leaves center cone and stops when returns back to the center cone only after touching both lateral side cones with hand; player must face the same direction the whole time; when starting to the right, right hand touches line, then left hand on opposite line, sprint through center-line; test both directions and average.
20 Yard Sprint	2 runs; run 60 feet; athlete assumes ready position behind line; timer starts when first foot HITS the ground after start; timer stops when any part of athlete crosses finish line.
Vertical Jump	3 jumps; athlete stands side-on to a wall and reaches up with the hand closest to the wall; keeping the feet flat on the ground, the point of the fingertips is marked or recorded – this is called the standing reach height; athlete then stands away from the wall and leaps vertically as high as possible using both arms and legs to assist in projecting the body upwards – attempt to touch the wall at the highest point of the jump; recorder marks the peak of jump on the wall; the difference in distance between the standing reach height and the jump height is the score; the best of 3 attempts is recorded.
Grip Strength	The player holds a dynamometer in the hand to be tested, with the arm at right angles and the elbow by the side of the body; when ready, the player squeezes the dynamometer with maximum isometric effort, which is maintained for about 5 seconds; scoring: the best result from 3 trials for each hand is recorded, with at least 15 seconds recovery between each effort; record the best effort for each hand.