

Coach Jeff Roberts'
INVINCIBLE VELOCITY
Training Goals Chart
 For Competitive Baseball Players

Arm Strength Goals (Using Radar Gun Results)

1. If your age is >>		8	9	10	11	12	13	14	15	16 and over	
2. And this is your current maximum throwing velocity	Skill Level	Velocity (mph)	Velocity (mph)	Velocity (mph)	Velocity (mph)	Velocity (mph)	Velocity (mph)	Velocity (mph)	Velocity (mph)	Velocity (mph)	Developmental Track
	>> <i>Exceptional</i>	50	55	60	65	70	75	80	85	90	Professional <<
	>> <i>Outstanding</i>	45	50	55	60	65	70	75	80	85	Collegiate <<
	>> <i>Above Average</i>	40	45	50	55	60	65	70	75	80	High School <<
	>> <i>Average</i>	35	40	45	50	55	60	65	70	75	Recreational <<

3. Then this is your projected developmental track

Arm Strength Goals (Using Ball Carry Results)

1. If your age is >>		8	9	10	11	12	13	14	15	16 and over	
2. And this is your current maximum ball carry	Skill Level	Distance (feet)	Distance (feet)	Distance (feet)	Distance (feet)	Distance (feet)	Distance (feet)	Distance (feet)	Distance (feet)	Distance (feet)	Developmental Track
	>> <i>Exceptional</i>	125	150	175	200	225	250	275	300	325	Professional <<
	>> <i>Outstanding</i>	100	125	150	175	200	225	250	275	300	Collegiate <<
	>> <i>Above Average</i>	75	100	125	150	175	200	225	250	275	High School <<
	>> <i>Average</i>	50	75	100	125	150	175	200	225	250	Recreational <<

3. Then this is your projected developmental track

THE DIFFERENCE BETWEEN A DREAM AND A GOAL IS A TIMELINE.

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For more information on Coach Jeff Roberts' INVINCIBLE VELOCITY PROGRAM send an email to invincible@d1draftable.com