

Measure	5-10-5 (in sec)			Long jump (in inches)			Vertical jump (in inches)			
	Level	HS	NCAA D1	MLB	HS	NCAA D1	MLB	HS	NCAA D1	MLB
<b>Position</b>										
All	4.91	4.87	4.75	86.8	96.2	95.6	23	26.1	27.1	
Pitchers	4.96	4.82	4.79	87.4	94.9	93.1	21.4	27	27.5	
Catchers	5.14	4.91	4.85	86.2	93.4	89.3	20.8	22.8	24.9	
Infielders	4.88	4.79	4.71	85.9	97.6	98.3	25.2	26.3	26.5	
Outfielders	4.89	4.77	4.69	87.9	99.2	101.8	24.7	28.1	29.3	

Measure	10yd burst (in sec)			300yd shuttle (in sec)			30 sec cone jumps			
	Level	HS	NCAA D1	MLB	HS	NCAA D1	MLB	HS	NCAA D1	MLB
<b>Position</b>										
All	1.81	1.74	1.69	55.4	54.1	53.54	53	57	56	
Pitchers	1.86	1.84	1.79	55.23	54.71	54.86	54	55	54	
Catchers	1.91	1.83	1.79	56.38	56.75	56.69	51	55	55	
Infielders	1.71	1.66	1.61	54.89	52.84	51.65	53	57	56	
Outfielders	1.74	1.65	1.6	55.12	52.1	50.96	54	59	57	

Measure	Grip strength			60yd dash (in sec)						
	Level	HS	NCAA D1	MLB	HS	NCAA D1	MLB	HS	NCAA D1	MLB
<b>Position</b>										
All					7.15	6.95	6.9			
Pitchers										
Catchers										
Infielders							6.7			
Outfielders							6.7			

Test	Emphasis
5-10-5	Lateral quickness and agility
Standing long jump	Push off power and explosiveness
Vertical jump	Vertical explosiveness
10 yard burst	Linear speed and acceleration
300 yard shuttle	Muscular endurance and anaerobic capacity
30 second cone	Repetitive power generation
Grip strength	Hand / forearm strengthening

Test	Workout inventory category
5-10-5	Plyometrics, Speed Dynamics
Standing long jump	Plyometrics, Explosive Strength
Vertical jump	Plyometrics, Explosive Strength
10 yard burst	Plyometrics, Speed Dynamics
300 yard shuttle	Speed Dynamics
30 second cone	Plyometrics, Explosive Strength
Grip strength	Throwing Chain