



BASEBALL ATHLETE EXPECTATIONS 9U - 18U

We here at Clutch Athletics believe in healthy competition and strive to bring out the best in each athlete. Clutch Athletics wants to provide each athlete that step in our doors with quality instruction to help them achieve their goals. That being said, we also want to be the best facility/program not only in Austin but the state of Texas and beyond. The expectation for the product we put on the field is going to be high. To compete with the best teams we need acquire the best players. We will hold tryouts to evaluate/grade each participant in the hopes to create what Clutch Athletics believes to be a gold standard team. This is our expectations for each level.

9U / 10U Ages:

- Player should throw 40-50 mph
- Proper mechanics to deliver high volume strikes for pitcher
- Arm strength to make a throw from the hole in shortstop to first base consistently
- Agility to make plays on both sides of the players position
- Proper footwork to field ground ball
- Consistent with fielding the ball/Fly Balls/glove work. Proper Routes
- Hitters need to be able to bunt
- Hitters need to be able to produce fly balls in the outfield/raw power
- Hitters need to have a solid approach/mechanics to attack the ball

11U / 12U Ages:

- Player should throw 50-60 mph
- Developing 2nd pitch (change up)
- Progressed development of mechanics
- Arm Strength to make throw from hole in shortstop
- Agility and quickness for each position
- Progressed development of footwork

- Consistency fielding your position/routes/cut off placement
- Hitters need to be able to bunt 1st and 3rd base line
- Hitters need gap to gap power
- Hitters need to more advanced knowledge to approach/ mechanics to hit
- A sound knowledge of running the base paths

13U / 14U Ages:

- Players should throw 60-75 mph
- Must have two pitch mix with developing 3rd pitch
- Solid throwing mechanics
- Consistent with hitting the target on all throws w/ arm strength
- Quickness/Agility/Flexibility
- Advanced foot work for each position
- Smooth actions w/ fielding and knowing their position
- Knowledge of cut-off routes and body placement on the field
- Hitters must know how to bunt 1st/3rd and situational bunting
- Hitters must possess gap to gap power
- Hitters need to execute situational hitting (hit & run) move runners
- Sound mechanics with quality approach at the plate (understanding strike zone)
- Solid to above average base running knowledge
- Aggressive base runners
- Qualities of leadership/communication (by example/vocal)

15U / 16U / High School Ages:

- 75+ mph
- Average 3 pitch mix
- Able to control strike zone
- Strong Mechanics (pitching/fielding/hitting)
- Arm strength to throw through cut-offs on a line
- Quickness/Agility/Flexibility
- Above Average to Plus footwork all positions
- Smooth and natural ability to field their position
- Pop times for catchers 2.3 and under
- 60 times 7.2 and under excluding Catchers/1st baseman
- Raw power Gap to Gap and HR power
- Above Avg Situational bunting/hitting. Able to move runners over anytime

- Solid to Plus hitting approach (understanding strike zone)
- Can Hit to all fields
- Above Avg base running. Aggressive and knows how to get the extra base
- High level of leadership/communication (by example/vocal)

18U Ages:

- 83+mph
- Solid 3 pitch mix
- Command of strike zone (control is throwing strikes, command is knowing where to throw it)
- Strong Mechanics (pitching/fielding/hitting)
- Solid Arm Strength to throw through cut-offs on a line
- Quickness/Agility/Flexibility
- Above Avg to Plus footwork all positions
- Pop Times for Catcher 2.1 and under (good footwork and framing skills)
- 60 times 7.0 and under MLB avg is 6.8 (excluding catchers/1st baseman) some flexibility in times depending on player.
- Solid Raw Power with Gap power and HR
- Above Avg to plus situational bunting/hitting. Able to move runners over anytime
- Solid to plus hitting approach (understanding strike zone)
- Can hit to all fields
- Above Avg base running. Aggressive and knows how to get the extra base
- Strong Leadership and Communication Skills. Able to will a team to victory by bringing the team closer together without the help of Coaches.