



Gold Medal Profile Coach Resource

In conjunction with the Athlete Development Matrix and Gold Medal Profile Standards, Softball Canada has provided coaches with the following blank template in order to help track the development of athletes looking to advance along the Podium Pathway. We have provided space to input an athlete's results in order to record their achievements.

As a reminder, these standards can and should act as goals to work towards as an athlete's development progresses. It is incredibly important to note that an athlete will not get to the highest level of play by only focusing on these skills. Each of these standards are influenced by several variables, and that should be kept in mind when interpreting this table and recording an athlete's results.

In softball, it is vital that athletes play multiple positions and realize that the skills needed to achieve a podium performance need be fostered during an athlete's early development.

STANDARDS	
	Non-competition
	Competition
	Ancillary

Non-Competition Standards: Ones that are measured outside of competition in a regulated setting.

Competitive Standards: Ones that are measured within competition and can be influenced by a number of different factors, most important of which is the level of opponents.

Ancillary Standards: Ones that are valued by each coach individually. Coaches may have a different idea of how these standards would impact an athlete's performance or their position within a team.

You will note that we have not listed the average and exceptional results for the "Competitive" and "Ancillary" standards in this table. Regarding the Competitive Standards, the level of competition in minor softball is too variable from region to region and from team to team to be an accurate measure of proficiency. Athletes should be aware of the statistical areas within competition that are deemed important so that they can use these as benchmarks for continuous improvement.

For the Ancillary Standards, there is always a difference in how each person perceives an event. The variability of this makes standardizing a score difficult but does not mitigate the importance of the skill.

It is suggested that coaches use the following 4 point scale for both the Competitive and Ancillary standards, based on the coach's own interpretation.

1 - BELOW AVERAGE 2 - AVERAGE 3 - ABOVE AVERAGE 4 - EXCEPTIONAL

Softball Canada is working with our Men's National Team Program to collect and analyze data comparable to the Women's Program in order to make it available to our members in the same manner.

For more information on Softball Canada's Athlete Development Matrix and these standards please visit www.softball.ca

Name _____ Date _____ Location _____

TRAIN TO COMPETE					
TESTING/STANDARD DESCRIPTION		AVERAGE	EXCEPTIONAL	ATHLETE	
Pitching					
Leg Drive	Stride length to height comparison	90-110%	Over 120%		
Fastball/Drop	Pitching velocity	54-58 mph	Over 62 mph		
Change	Difference in velocity to fastest pitch	14-17% slower	+22% slower		
Rise/Curve/Screw	Pitching velocity	52-56 mph	Over 60 mph		
First or second pitch strikes	Ability to get ahead in counts				
Multiple Quadrant strike control	Ability to pitch in all areas of strike zone				
Important Count Strike execution	Ability to pitch effectively when behind in counts [2-0, 3-1, 3-2]				
Strike zone control	Ability to pitch in and out of the strike zone				
Pitch Effectiveness	Ability to throw different pitches to multiple specific locations				
Cover Throws and Bases	Fields position/ Covers Throws and Bases				

STANDARDS

Non-competition
Competition
Ancillary

TESTING/STANDARD DESCRIPTION		AVERAGE	EXCEPTIONAL	ATHLETE
Catching				
Pop Times	Glove to glove times to 2nd base	2.01-2.25 sec	Under 1.85 sec	
	Glove to Glove time to 3rd base	1.61-1.85 sec	Under 1.45 sec	
Throwing	Velocity of throw	53-57 mph	Over 61 mph	
Fielding Position (Bunt, pop fly, throws to plate)	Fielding %			
Blocking Balls	Passed balls/game			
Throwing to Bases (Accuracy and Quickness)	Caught stealing %			
Pitcher Management	Game Calling			
Team Management	Positional adjustments and active communication success rate			
Infield				
Fielding	Fielding %			
Throwing	Velocity of Throw	52-58 mph	Over 62 mph	
Fielding and throwing quickness (Transfer)	Glove to Glove times SS to 1B	1.71-1.95 sec	Under 1.60 sec	
Outfield				
Fielding	Fielding %			
Throwing (Long throw)	Velocity of Throw	56-59 mph	Over 63 mph	
Fielding and throwing quickness (Transfer)	Glove to Glove time Flyball Throw Home	3.36-3.8 sec	Under 3.20 sec	
	Time from hit groundball to Home	5.71-6.15 sec	Under 5.6 sec	
	Running to ball and throw time Cutoff Throw	5.16-5.6 sec	Under 4.90 sec	
Offence				
Bat Control	Bat%, OB%, Slug%, OPS, SO/AB			
Baserunning				
Home to 1st Base	Home to first time	3.01-3.20 sec	Under 2.8 sec	
2nd base to Home (Rounding Base)	2nd to Home	6.0-6.20 sec	Under 5.7 sec	
Individual Profile				
Resilience, Confidence & Presence (Playing Multiple positions)	Ability to play and understand responsibility of multiple positions			
Team Player (Communication)	Pre pitch communication (# of outs, positioning, future plays, etc)			
	Communication during plays (calling for ball, calling for throws, etc)			
	Relaying Information about at Bats to Teammates			
	Relaying Information to Hitter About Catcher Positioning (In/Out)			

