

PHYSICAL VELOCITY ASSESSMENT

Your cohort

Male

16-18 years old

This report identifies whether building power or improving technique will unlock your biggest velocity gains. Your Physical Foundation represents the throwing velocity your current power supports—comparing this to your actual velocity reveals whether your development opportunity is to focus on skill (mechanics) or physical power.

Self-reported Throwing...

89 mph

74th percentile vs HS pitchers

As reported by user on 3/6/26.

Physical Foundation

77 mph

You currently have the power foundation of a **77 mph** pitcher.

Your Player Type



SKILL DOMINANT

Your throwing skill is **12 mph** ahead of your power.

Your Development Opportunity

Based on your Player Type **your focus should be:**

BUILD PHYSICAL POWER

You're maximizing what you have. Building your physical base will safely unlock velocity gains. You're already skilled—now let's build the engine to match.



Your skill is 12 mph ahead of your physical foundation for at least one body region. **High injury risk.**



Ensure grip strength is above 51 kg for this velocity level.

Body Region Breakdown

UPPER BODY: 74 mph
Your upper body power matches 74 mph pitchers

CORE: 83 mph
Your core power matches 83 mph pitchers

LOWER BODY: 74 mph
Your lower body power matches 74 mph pitchers

● <25th percentile ● 25–50th percentile ● 50–75th percentile ● >75th percentile



BODY REGION POWER BREAKDOWN

These 3 movements have the highest correlation to your velocity. Improving power in these movements and regions of the body will have the highest impact on velocity.

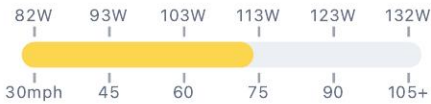
Upper Body

74 mph

PNF D2 Extension



Matches 74 mph pitchers

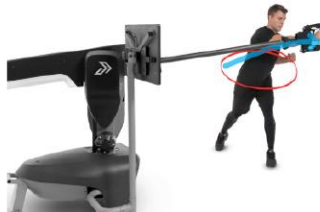


Target: Increase by 10W to reach 89 mph

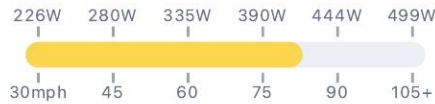
Core

83 mph

Shot Put (Countermovement)



Matches 83 mph pitchers



Target: Increase by 22W to reach 89 mph

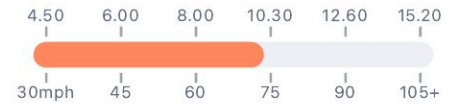
Lower Body

74 mph

Vertical Jump (Countermovement)



Matches 74 mph pitchers



Target: Increase by 2m/s² to reach 89 mph

Complete Test Results

Upper Body



PNF D2 Extension

- Power: 112W 63rd Pctl
- Accel: 6.4m/s² 31st Pctl

Core



Shot Put

- Power: 419W 66th Pctl
- Accel: 16.2m/s² 69th Pctl

Lower Body



Vertical Jump

- Power: 76W 15th Pctl
- Accel: 10.1m/s² 22nd Pctl

Your Personalized Development Plan

Turn your assessment into targeted training that addresses your specific needs and unlocks measurable velocity improvements.

FOR PROTEUS PARTNERS

Recommended program for this athlete:

Program: Phase 1 Level 4 Standard

Assign this program in TeamBuildr

FOR INDIVIDUAL ATHLETES

Working on your own? Get your program here

[Purchase personalized program](#)

Important: Throwing is the most complex human movement. We recommend working with skilled professionals to help you safely unlock your potential.