

# AVCA-Badger Region RECRUITING TIP OF THE WEEK

Speed and Jump Metrics  
that Make a Difference for  
College Coaches





# Physical Characteristics of a College Middle Blocker

Height: 6'3"

Reach: 8'1.0"

Power (Standing Vertical Jump):  
23.1"

Arm Swing Velocity:  
36.54 mph

Approach Touch:  
9'7"

Block Touch: 9'6.5"

Agility (15'+30'+15'  
Pro-agility): 4.96  
seconds

Acceleration (15'):  
1.03 seconds

Metrics represent 80<sup>th</sup> Percentile of College Athletes

# Physical Characteristics of a College Opposite

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Height: 6'3"

Reach: 8'1.0"

Power (Standing Vertical Jump): 23.2"

Arm Swing Speed: 38 mph

Approach Touch: 9'7"

Block Touch: 9'7"

Agility (15'+30'+15' Pro-agility): 4.9 seconds

Acceleration (15'): 1.02 seconds

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Metrics represent 80<sup>th</sup> Percentile of College Athletes



# Physical Characteristics of a College Outside Hitter

Metrics represent 80<sup>th</sup> Percentile of College Athletes

Height: 6'1.5"

Reach: 7'10.5"

Power (Standing Vertical Jump): 22.6"

Arm Swing Speed: 37.12 mph

Approach Touch: 9'5"

Block Touch: 9'5"

Agility (15'+30'+15' pro-agility): 4.98 seconds

Acceleration (15'): 1.04 seconds

# Physical Characteristics of a College Libero

Metrics represent 80<sup>th</sup> Percentile of College Athletes

Agility (15'-30'-15' Pro-Agility  
Test): 4.99 seconds

Acceleration (15'): 1.06  
seconds

Power (Standing Vertical  
Jump): 20.4"

Arm Speed on Jump Serve:  
31.00 MPH





# Physical Characteristics of a College Setter

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Metrics represent 80<sup>th</sup> Percentile of College Athletes

Height: 6'0"

Reach: 7'8.5"

Power (Standing Vertical Jump): 21.5"

Agility (15'+30'+15' Pro-agility): 4.96 seconds

Acceleration (15'): 1.05 seconds

Block Touch: 9'1.5"

# Data Sources

- AVCA All-American Nominees
- avcaVPI™ data

<https://www.avca.org/avcavpi.html>

Learn more about avcaVPI™  
and the AVCA Phenom program:

<https://avcaphenom.com/>



**Thanks for  
your  
membership  
in the  
Badger Region**

**Your partner  
in volleyball**

