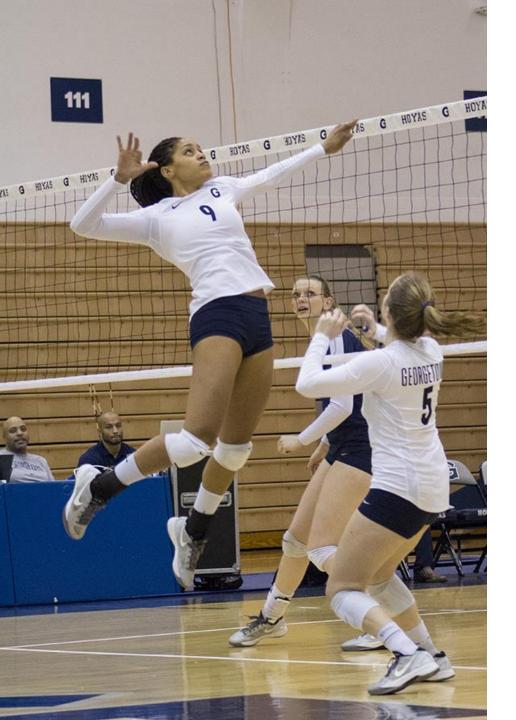
AVCA-Badger Region RECRUITING TIP OF THE WEEK

Speed and Jump Metrics that Make a Difference for College Coaches





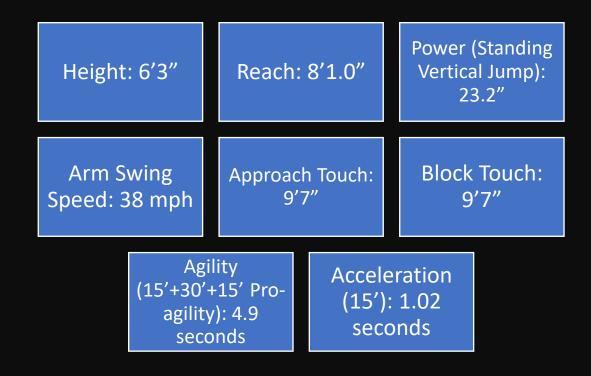
Physical Characteristics of a College Middle Blocker

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			ation (15'): seconds	

Metrics represent 80th Percentile of College Athletes



Physical Characteristics of a College Opposite



Metrics represent 80th Percentile of College Athletes



Physical Characteristics of a College Outside Hitter

Metrics represent 80th 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 80th 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

Metrics represent 80th 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
 <u>https://www.avca.org/avcavpi.html</u>

Learn more about avcaVPI[™] and the AVCA Phenom program: <u>https://avcaphenom.com/</u>



Thanks for your membership in the **Badger Region Your partner** in volleyball

