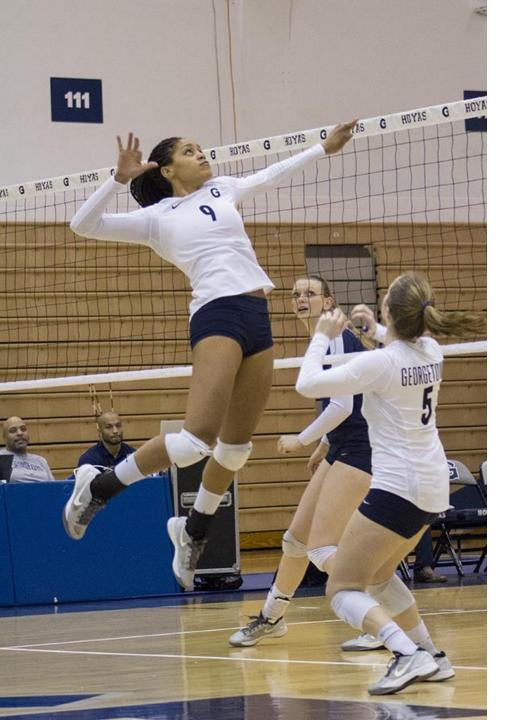
# AVCA-Carolina Region RECRUITING TIP OF THE WEEK

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

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' Proagility): 4.9 seconds

Acceleration (15'): 1.02 seconds

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

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<sup>™</sup> data

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

Learn more about avcaVPI™ and the AVCA Phenom program:

https://avcaphenom.com/



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