

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 80th 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' Pro-agility): 4.9 seconds

Acceleration (15'): 1.02 seconds

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

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

Learn more about avcaVPI™
and the AVCA Phenom program:

<https://avcaphenom.com/>



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membership
in the
Carolina
Region**

**Your partner
in volleyball**

