

Recruiting Tip of the Week

Speed and Jump Metrics
that Make a Difference with
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

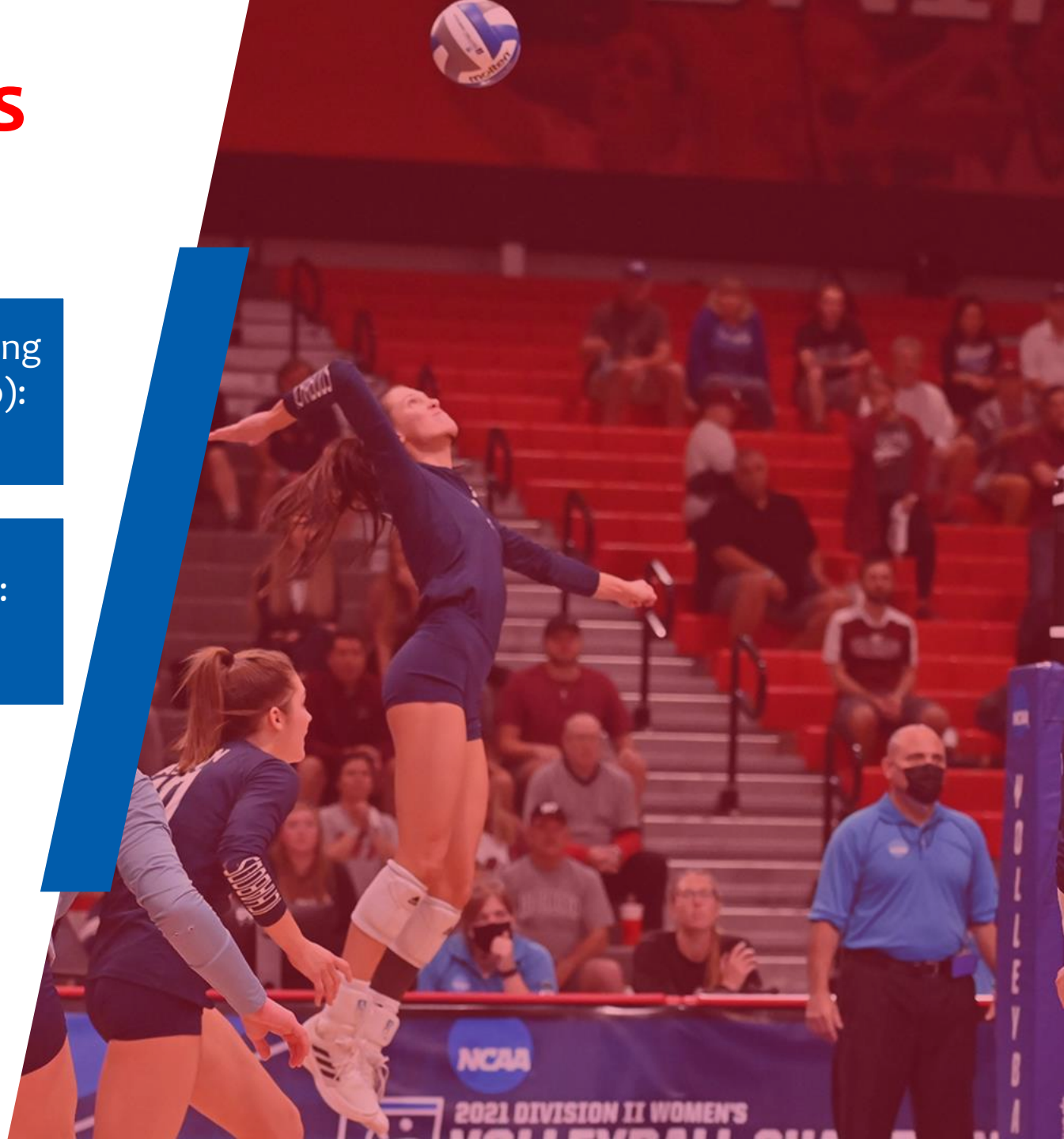
Approach Touch:
9'7"

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

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

Metrics represent 80th Percentile of College Athletes

Physical Characteristics of a College Libero

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

Metrics represent 80th Percentile of College Athletes





Physical Characteristics of a College Setter

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"

Metrics represent 80th Percentile of College Athletes

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/>





**Thank you for
your membership
in the Carolina
Region**

Your Partner in Volleyball