



Gold Medal Profile (Female Standards)

The Podium Pathway encompasses softball's defined excellence stages within LTPD and applies specifically to athletes on a trajectory towards podium results at the highest level of softball. Two of the main components of the Podium Pathway are the Gold Medal Profile (GMP) and Winning Style of Play (WSP). The GMP defines the skills and abilities required to achieve podium performances and recognition at the highest level of play [Olympics Games, Pan American Games & World Championships]. The WSP is the progression of performance benchmarks required to move through the pathway and successfully reach the podium as it applies to team sports – like softball.

The GMP and WSP skills and attributes for softball have been identified within the Athlete Development Matrix (ADM) with this symbol 🍁. The following table outlines the average and exceptional standards as laid out by Softball Canada. The table includes not only technical and tactical skills but also life, mental and physical skills, all of which hold equal importance. They are based on validated metrics and benchmarks collected by experts in softball. These standards are only applicable to Podium Pathway, not recreational athletes and can give coaches, parents and athletes the ability to recognize where areas of improvements in their skill development can be made.

These standards can and should act as goals to work towards as an athlete's development progresses, but it is incredibly important to note that an athlete will not get to the highest level of play by only focusing on these skills. Each of these standards are influenced by a number of variables, and that should be kept in mind when interpreting this table. In softball, it is vital that athletes play multiple positions and realize that the skills needed to achieve a podium performance need to be fostered during an athlete's early development.

Coaches should also note that these standards are based on average developing athletes, it is important that late developers not be overlooked especially during sensitive periods of maturation. While the GMP standards begin within the Train to Train stage, it is in the best interest of athletes to apply these standards during the latter part of the stage in order to allow athletes as much time as possible to mature.

Each of the standards listed below are linked to an appropriate component within the ADM. It is important that these two documents be used in conjunction with one another.

STANDARDS	
Competition	Competitive Standards: Ones that are measured within competition and can be influenced by a number of different factors most important of which is the level of opponents.
Non-competition	Non-Competition Standards: Ones that are measured outside of competition in a regulated setting.
Ancillary	Ancillary Standards: Ones that are valued by each coach individually. Coaches may have a different idea of how these standards would impact an athlete's performance or their position within a team.

You will note that we have not listed the average and exceptional results for the "Competitive" and "Ancillary" standards in this table. Regarding the Competitive Standards, the level of competition in minor softball is too variable from region to region and from team to team for there to be an accurate measure of proficiency. Athletes should be aware of the statistical areas within competition that are deemed important so that they can use these as benchmarks for continuous improvement.

For the Ancillary Standards, there is always a difference in how each person perceives an event. The variability of this makes standardizing a score difficult but does not mitigate the importance of the skill.

Softball Canada is working with our Men's National Team Program to collect and analyze data comparable to the Women's Program in order to make it available to our members in the same manner.

TESTING/STANDARD DESCRIPTION		STANDARDS							
		TRAIN TO TRAIN		TRAIN TO COMPETE		LEARN & TRAIN TO WIN		LIVING TO WIN	
		Average	Exceptional	Average	Exceptional	Average	Exceptional	Average	Exceptional
Pitching									
Leg Drive	Stride length to height comparison	90-110%	Over 120%	90-110%	Over 120%	90-110%	Over 120%	90-110%	Over 120%
Fastball/Drop	Pitching velocity	51-55 mph	Over 59 mph	54-58 mph	Over 62 mph	57-61 mph	Over 65 mph	59-63 mph	Over 67 mph
Change	Difference in velocity to fastest pitch	14-17% slower	+22% slower	14-17% slower	+22% slower	14-17% slower	+22% slower	14-17% slower	+22% slower
Rise/Curve/Screw	Pitching velocity	50-53 mph	Over 57 mph	52-56 mph	Over 60 mph	56-59 mph	Over 63 mph	57-61 mph	Over 65 mph
First or second pitch strikes	Ability to get ahead in counts								
Multiple Quadrant strike control	Ability to pitch in all areas of strike zone								
Important Count Strike execution	Ability to pitch effectively when behind in counts [2-0, 3-1, 3-2]								
Strike zone control	Ability to pitch in and out of the strike zone								
Pitch Effectiveness	Ability to throw different pitches to multiple specific locations								
Cover Throws and Bases	Fields position/ Covers Throws and Bases								

STANDARDS

Competition
Non-competition
Ancillary

S T A N D A R D S

TESTING/STANDARD DESCRIPTION

		TRAIN TO TRAIN		TRAIN TO COMPETE		LEARN & TRAIN TO WIN		LIVING TO WIN	
		Average	Exceptional	Average	Exceptional	Average	Exceptional	Average	Exceptional
Catching									
Pop Times	Glove to glove times to 2nd base	2.16-2.50 sec	Under 2.00 sec	2.01-2.25 sec	Under 1.85 sec	1.86-2.10 sec	Under 1.75 sec	1.81-1.95 sec	Under 1.70
	Glove to Glove time to 3rd base	1.76-2.10 sec	Under 1.6 sec	1.61-1.85 sec	Under 1.45 sec	1.46-1.70 sec	Under 1.35 sec	1.41-1.55 sec	Under 1.30
Throwing	Velocity of throw	50-55 mph	Over 59 mph	53-57 mph	Over 61 mph	55-57 mph	Over 63 mph	59-61 mph	Over 65 mph
Fielding Position (Tag Plays - Bunt, pop fly, throws to plate)	Fielding %								
Blocking Balls	Passed balls/game								
Throwing to Bases (Accuracy and quickness)	Caught stealing %								
Pitcher Management	Game Calling								
Team Management	Positional adjustments and active communication success rate								
FIELDING - Infield									
Fielding	Fielding %								
Throwing	Velocity of Throw	49-56 mph	Over 58 mph	52-58 mph	Over 62 mph	55-61 mph	Over 65 mph	60-63 mph	Over 67 mph
Fielding and Throwing Quickness (Transfer)	Glove to Glove times, SS to 1B	1.81-2.05 sec	Under 1.70 sec	1.71-1.95 sec	Under 1.60 sec	1.61-1.75 sec	Under 1.50 sec	1.61-1.95 sec	Under 1.50 sec
FIELDING - Outfield									
Fielding	Fielding %								
Throwing (long throw)	Velocity of Throw	53-56 mph	Over 60 mph	56-59 mph	Over 63 mph	68-61 mph	Over 65 mph	60-63 mph	Over 67 mph
Fielding and Throwing Quickness (Transfer)	Glove to Glove time Flyball Throw Home	3.66-4.1 sec	Under 3.5 sec	3.36-3.8 sec	Under 3.20 sec	3.16-3.6 sec	Under 3.00 sec	2.96-3.4 sec	Under 2.8 sec
	Time from hit groundball to Home	6.16-6.6 sec	Under 5.9 sec	5.71-6.15 sec	Under 5.6 sec	5.56-6.00 sec	Under 5.40 sec	5.36-5.8 sec	Under 5.2 sec
	Running to ball and throw time Cutoff Throw	5.16-5.6 sec	Under 4.9 sec	5.16-5.6 sec	Under 4.90 sec	5.01-5.45 sec	Under 4.80 sec	4.76-5.2 sec	Under 4.6 sec
Offence									
Bat Control	Bat%, OB%, Slug%, OPS, SO/AB								
Baserunning									
Home to 1 Base	Home to first time	3.2-3.4 sec	Under 3.00 sec	3.01-3.20 sec	Under 2.8 sec	3.01-3.20 sec	Under 2.8 sec	3.01-3.20 sec	Under 2.8 sec
2nd Base to Home (Rounding Base)	2nd to Home	6.2-6.4 sec	Under 5.90 sec	6.0-6.20 sec	Under 5.7 sec	6.0-6.20 sec	Under 5.7 sec	6.0-6.20 sec	Under 5.7 sec

STANDARDS

Competition
Non-competition
Ancillary

STANDARDS

TESTING/STANDARD DESCRIPTION

TESTING/STANDARD DESCRIPTION		TRAIN TO TRAIN		TRAIN TO COMPETE		LEARN & TRAIN TO WIN		LIVING TO WIN	
		Average	Exceptional	Average	Exceptional	Average	Exceptional	Average	Exceptional
Mental Skills									
Resilience, Confidence & Presence (Playing Multiple Positions)	Ability to play and understand responsibility of multiple positions								
Team Player (Communication)	Pre pitch communication [# of outs, positioning, future plays, etc]								
	Communication during plays (calling for ball, calling for throws, etc)								
	Relaying Information about at Bats to Teammates								
	Relaying Information to Hitter About Catcher Positioning (In/Out)								
Physical Capacity									
Endurance (Aerobic Fitness)	Beep Test	7.05	Over 9.04	7.05	Over 9.04	7.05	Over 9.04	8.05	Over 10.04
Speed (Hand/Foot & Whole Body)	10 m time	2.1 sec	Under 1.91 sec	1.95 sec	Under 1.76 sec	1.95 sec	Under 1.76 sec	1.95 sec	Under 1.76 sec
	30 m time	5.0 sec	Under 4.61 sec	4.75 sec	Under 4.31 sec	4.75 sec	Under 4.31 sec	4.75 sec	Under 4.31 sec
	Pro Agility	5.6 sec	Under 5.01 sec	5.75 sec	Under 4.91 sec	5.75 sec	Under 4.91 sec	5.5 sec	Under 4.76 sec
Relative Strength (Upper Body)	Grip strength combining both hands	50kg	Over 60kg	70 kg	Over 79 kg	70 kg	Over 79 kg	75 kg	Over 99 kg
	Total Chin ups to exhaustion	1	Over 3	1	Over 4	1	Over 4	Over 3	Over 7
	Max Bench Press	NR	NR	.7 x BW	.8 x BW	.7 x BW	.8 x BW	.8 x BW	1 x BW
Relative Strength (Lower Body)	Back squat to body weight	NR	NR	.7 x BW	1 x BW	.7 x BW	1 x BW	1 x BW	1.5 x BW
Explosive Power	8 lb Med Ball Toss	5.00-5.99 m	Over 7.5 m	7.00-7.99 m	Over 9 m	7.00-7.99 m	Over 9 m	10-10.99 m	Over 12 m
	Broad Jump Distance	1.6 m	Over 2.00 m	1.8 m	Over 2.19 m	1.8 m	Over 2.19 m	1.8 m	Over 2.19m
	Vertical Jump total height	16 inch	Over 20 inch	19 inch	Over 22 inch	19 inch	Over 22 inch	19 inch	23 inch
Life Skills									
Nutrition	Implements sound nutrition protocol for daily living, training and competition								
Hydration	Implements sound hydration protocol for daily living, training and competition								
Sleep	Maintain sleep and rest routines to maximize training/performance.	9 hours + 30 minutes nap between 2-4pm		8-10 hours + 30 minute nap between 2-4pm		8-10 hours + 30 minute nap between 2-4pm		8-10 hours + 30 minute nap between 2-4pm	