

Comparison of Physical and Performance Characteristics by Position and Level of Performance

Catchers¹

Level	MLB	AAA	AA	A	Ability Priorities ²
Variable					
Experience (yr)	8.3	6.5	3.02	2.1	Catch
Age (yr)	26.67	25	23.5	24.6	Throw
Height (cm)	183	187	185	177	Bat
Weight (kg)	90.76	92.5	93.18	90	Power
Body Fat (%)	13.67	14	12.7	8.44	Run
Time (1)	3.83	3.87	3.69	3.86	
Time (2)	3.36	3.39	3.21	3.38	
Time (3)	7.09	7.26	6.95	7.24	

Infielders¹

Level	MLB	AAA	AA	A	Ability Priorities ²			
					Position			
Variable					1B	2B	SS	3B
Experience (yr)	8.43	6.25	4	1.48	Bat	Bat	Field	Bat
Age (yr)	25.27	25.87	23.8	21	Power	Field	Throw	Power
Height (cm)	183	180	179	183	Field	Run	Run	Field
Weight (kg)	88	81.93	83.18	82.51	Throw	Power	Bat	Throw
Body Fat (%)	12.71	9.61	9.22	8.18	Run	Throw	Power	Run
Time (1)	3.77	3.66	3.71	3.75				
Time (2)	3.22	3.21	3.22	3.26				
Time (3)	6.99	6.87	6.93	7.01				

Outfielders¹

Level	MLB	AAA	AA	A	Ability Priorities ²		
					Position		
Variable					LF	CF	RF
Experience (yr)	5.8	6	4.33	1.59	Bat	Run	Bat
Age (yr)	26.2	25.2	23.17	22.78	Power	Field	Power
Height (cm)	184	187	187	179	Run	Bat	Field
Weight (kg)	82.45	89.73	92.35	83.96	Field	Throw	Throw
Body Fat (%)	7.4	10.5	9.98	7.78	Throw	Power	Run
Time (1)	3.74	3.57	3.55	3.74			
Time (2)	3.19	3.09	3.06	3.25			
Time (3)	6.93	3.66	6.61	6.99			

Pitchers¹

Level	MLB	AAA	AA	A
Variable				
Experience (yr)	8.92	7.57	4.44	2.19
Age (yr)	28	27	23	22
Height (cm)	189	186	189	185
Weight (kg)	96.19	92.27	93.64	88.3
Body Fat (%)	19.23	12.19	11.01	8.26

Time (1) - Run time over 1st 30 yards, Time (2) - Run Time over 2nd 30 yards, Time (3) - Total Run time over 60 yards.

1 Coleman & Lasky. Assessing Running Speed and Body Composition in Professional Baseball Players. *Journal of Applied Sport Science Research*. 1992. 6(4). 207-213.

2 Coleman, Eugene. Running Speed in Baseball. *NSCA Strength and Conditioning Journal*. 2007. 29(3). 72-76