

Choosing the Right Bat for your Young Player

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For those of you that coach a younger aged team, or else you have a young daughter that needs a bat – here’s some good information to help you. Keep in mind this info is just a guide and that you don’t have to stick to it exactly. If your daughter picks up a bat that she likes and that isn’t too heavy for her (meaning – she can swing it and stop it without the bat totally controlling her) then it’s the right bat for her.

But a slight word of caution – there’s more to the right bat than it’s color ☺

Determine Your Bat Length by Age	
Age	Bat length
5-7 years old	24"-26"
8-9 years old	26"-28"
10 years old	28"-29"
11-12 years old	30"-31"
13-14 years old	31"-32"
15-16 years old	32"-33"
17+ years old	34"

Determine Your Bat Length by Weight and Height										
Your weight (pounds)	Your height (inches)									
	36-40	41-44	45-48	49-52	53-56	57-60	61-64	65-68	69-72	73+
Bat length										
less than 60	26"	27"	28"	29"	29"					
61-70	27"	27"	28"	29"	30"	30"				
71-80		28"	28"	29"	30"	30"	31"			
81-90		28"	29"	29"	30"	30"	31"	32"		
91-100		28"	29"	30"	30"	31"	31"	32"		
101-110		29"	29"	30"	30"	31"	31"	32"		
111-120		29"	29"	30"	30"	31"	31"	32"		
121-130		29"	29"	30"	30"	31"	32"	33"	33"	
131-140		29"	30"	30"	31"	31"	32"	33"	33"	
141-150			30"	30"	31"	31"	32"	33"	33"	
151-160			30"	31"	31"	32"	32"	33"	33"	33"
161-170				31"	31"	32"	32"	33"	33"	34"
171-180						32"	33"	33"	34"	34"
180+							33"	33"	34"	34"