

Future Stars Baseball Club

Austin Hitting Baseline Report | Four-Video Baseline

Player: Austin | Session: 2026-08-12 Baseline | Videos: Side Tee, Back Tee, Side Toss, Back Toss

1. Report Scope

This report is based on Austin's four baseline videos: Side Tee, Back Tee, Side Toss, and Back Toss. The analysis focuses on contact quality, swing structure, primary mechanical issues, issue frequency, and 7-10 day training priorities.

Important note: CQS and mechanical issue frequency in this report are video-based observational coaching records. They are not sensor-measured metrics from Rapsodo, Blast Motion, TrackMan, or other radar / motion-capture devices.

2. Executive Summary

Austin is an active and confident young hitter with a solid foundation. He is willing to swing, completes the swing well, and produces acceptable contact in both tee work and toss. The main development need is sequence and stability: his back-hip load is not always complete, his hands and upper body sometimes get involved early, and his front-side support needs to become more stable.

Key Frame Reference

Side Toss - Setup (40.5s)



Side Toss - Load (42.0s)



Side Toss - Launch/Contact Zone (43.5s)



Side Toss - Finish (49.5s)



Back Toss - Setup (29.0s)



Back Toss - Launch (30.0s)



Back Toss - Contact/Finish (32.0s)



Side Tee - Finish (24.5s)



3. 10-Swing Contact Quality | Video Observation Version

The values 4/10, 4/10, and 2/10 mean how many swings out of 10 were classified as Good, Medium, or Poor contact in the Toss sample. They do not refer to head movement, eye movement, or any single mechanical issue.

Contact Quality Category	Meaning	Count / 10	Score per Swing	Points
Good	High-quality contact	4/10	3	$4 \times 3 = 12$
Medium	Acceptable / average contact	4/10	2	$4 \times 2 = 8$
Poor	Low-quality contact / mishit	2/10	1	$2 \times 1 = 2$
Total	Total observed swings	10/10	Max score: 30	22/30

CQS calculation: Good = 3 points, Medium = 2 points, Poor = 1 point. For this session: $4 \times 3 + 4 \times 2 + 2 \times 1 = 22$ points. The maximum possible score is $10 \times 3 = 30$ points. Therefore, $CQS = 22 / 30 \times 100 = 73.3/100$.

This score indicates that Austin already has a basic ability to produce playable contact, but the percentage of high-quality contact can still improve. In future retests, the key indicators will be whether Good contact increases, Poor contact decreases, and CQS improves.

4. Main Swing Observations

Swing Phase	Observation	Training Meaning
Setup / Stance	The stance is usable and Austin starts with good intent.	Keep the basic setup and build repeatability.
Load / Stride	There is some load and stride, but the back-hip load is not always complete.	Keep energy on the back side before launching the swing.
Launch	The hands and upper body sometimes get involved early.	Train body-first rotation and later hand release.
Contact Zone	Austin finds the ball multiple times, but barrel path and sweet-spot consistency are still developing.	Improve contact consistency and barrel control.
Finish	The finish is generally complete, but direction and balance fluctuate.	Use finish-and-hold work to check direction and control.

5. Mechanical Issue Frequency | Video Observation Version

Mechanical issue frequency means how many times a given issue appeared in the observed 10 swings. It is used for training follow-up and retest comparison, not as a sensor-measured number.

Priority	Mechanical Issue	Plain-English Meaning	Occurrence / 10	Training Priority
1	Incomplete back-hip load	The back hip does not always store enough energy before launch.	7/10	High
2	Early hand / upper-body involvement	The hands and upper body sometimes start the swing too early.	6/10	High

Priority	Mechanical Issue	Plain-English Meaning	Occurrence / 10	Training Priority
3	Weak front-side block	The front side is not stable enough through launch and contact.	6/10	Medium-High
4	Inconsistent finish direction	Finish direction and balance are not fully repeatable.	5/10	Medium

6. 7-10 Day Training Plan

Drill	Purpose	How to Do It
Load Pause Drill	Build a stronger back-hip load.	After the load, pause for one second and feel weight in the back leg and back hip before swinging.
Stride-and-Hold Drill	Improve front-side support.	Stride, hold the landing position, then swing. Check whether the body stays stable after the front foot lands.
Connection Drill	Reduce early hand start.	Let the body carry the hands. Rotate hips and trunk first, then release the hands.
Hit-and-Freeze	Improve finish stability.	After contact, hold the finish for two seconds. Check body direction and balance.

7. Retest Plan

For the next retest, record the same four videos: Side Tee, Back Tee, Side Toss, and Back Toss. Each set should aim for 10 continuous swings. Compare three things: Good / Medium / Poor distribution, CQS score, and whether the main mechanical issue frequencies decrease.

8. Final Evaluation

Austin's baseline shows good intent and a trainable foundation. His current CQS is 73.3/100, which means he already has basic contact ability, but consistency still needs to improve. The next stage should focus less on pure power and more on a cleaner sequence: back-side load, stable front side, body-led swing, and a controlled finish.