

Family Recording & Self-Analysis Guide

Page 1: a low-cost method any family can use

Record the Swing → Watch & Compare → Pick One Thing → Practice a Change → Record Again → See What Changed

1. Camera Angle: Make Retest Comparable

- Start with a true Side View, roughly 90° to the pitcher-to-plate line and aimed at the hitter's mid-body.
- If possible, add a Back View from behind the hitter/catcher direction. Stay out of the ball path and use protective netting when available.
- Keep the full body, both feet, bat, tee/plate area, and some early ball flight in frame.
- Use a tripod/stable surface; do not pan or change zoom.
- Good light matters. 1080p/60 fps is preferred; 30 fps is still usable.
- At retest, reproduce camera height, distance, direction, and framing as closely as possible.

3. Family Self-Analysis: 6 Steps

- Record: keep the original video.
- Watch & Compare: review 5–10 swings and look for a repeated pattern.
- Pick One Thing: choose one main issue, two maximum.
- Practice a Change: use one simple cue/drill for several practice sessions.
- Record Again: use the same setup.
- See What Changed: better, unchanged, or worse—write it down.
- Optional: use the same six-category rubric at baseline and retest.

2. What to Record: Three Family Options

- Minimum: Side + Tee, 8–10 swings.
- Better: Side + Back + Tee, 8–10 swings from each view.
- Full set: Side Tee, Back Tee, Side Toss, Back Toss.
- Adult front toss / soft toss is fine; keep it safe, easy, and repeatable.
- Do not choose only the best swing. Look for patterns across a group of swings.
- If you only have a tee, you can still complete the basic method.

4. Before Using AI: Give It the Right Inputs

- Baseline video; include Retest video when available.
- Label every clip as Side/Back and Tee/Toss.
- Include Vincent's original Coach Note or training targets if available.
- If scores are included, state that Baseline and Retest use the same rubric.
- If CSV/angle data exist, provide them with the video; do not rely only on screenshots.
- Use a Player ID and avoid names, school, contact details, or medical information.

Minimum family version: Side + Tee + 8–10 swings + one priority + practice + same-view retest.

AI Guardrails for Generating a Hitting Analysis Report

Page 2: use the same evidence rules and report structure every time

A. 10 Non-Negotiable Rules

- Analyze only the supplied videos, data, and notes. If evidence is missing, say 'not enough information.'
- Never invent an angle, score, timestamp, or measurement.
- Baseline and Retest must use the same rubric. If an older baseline was rescored later, say that clearly.
- If Vincent's Coach Note exists, Retest must compare against the original targets. If it does not exist, say so.
- Important claims should cite clip name + timestamp/frame when possible; multi-view claims should identify Side, Back, Tee, or Toss.
- Separate Observed / Interpretation / Recommendation.
- Ordinary home video provides 2D reference measurements—not validated 3D motion, ground forces, joint torques, energy transfer, or injury diagnosis.
- Professional-player ranges are reference context only, not universal youth standards.
- Do not turn correlation into causation. Improvement after a drill does not prove the drill caused it.
- Choose no more than 1–2 highest-priority training targets and define what the next Retest should check.

B. Required AI Report Structure

- 1. Retest Context: clips used, Baseline/Retest dates, Coach Note availability.
- 2. Six-Category Score Comparison: scores, changes, brief interpretation; do not force a score increase.
- 3. Video Evidence: representative Side/Toss or Side/Tee Baseline-vs-Retest evidence.
- 4. Four-View Findings: Side Tee / Back Tee / Side Toss / Back Toss, when available.
- 5. What Improved Most: only evidence-supported gains.
- 6. What Still Needs Work: remaining issue + next emphasis.
- 7. Longitudinal Tracking: keep the same metrics across Baseline, Retest 1, future Retest 2.
- 8. Contact Quality: score only when consecutive ball flight is visible enough; otherwise mark unavailable.
- 9. Next Retest Target: 1–2 measurable or clearly observable targets.
- 10. Final Evaluation: balanced summary, unresolved problems, and next step—no exaggerated claims.

Six categories: Load & Preparation | Lower-Body Sequencing & Posture | Separation & Connection | Barrel Path & Through-Zone Extension | Hand/Wrist Control | Balance, Finish & Repeatability

Copy/paste AI prompt:

Analyze these hitting videos/data using the Future Stars Baseball Club method. Use only the evidence I provide; do not guess. Start with Retest Context and confirm whether Baseline and Retest use the same six-category rubric. If Vincent's Coach Note is provided, compare the Retest to those original targets; if not, state that it is unavailable. For important claims, cite the clip name and timestamp/frame when possible. Separate every conclusion into Observed, Interpretation, and Recommendation. If four views are provided, summarize Side Tee, Back Tee, Side Toss, and Back Toss separately and explain whether the views support or conflict with each other. Compare Baseline and Retest using: Load & Preparation; Lower-Body Sequencing & Posture; Separation & Connection; Barrel Path & Through-Zone Extension; Hand/Wrist Control; Balance, Finish & Repeatability. Then include What Improved Most, What Still Needs Work, Longitudinal Tracking, Next Retest Target, and Final Evaluation. Score Contact Quality only if consecutive early ball flight is visible enough; otherwise mark it unavailable. Treat ordinary-video angles as 2D reference measurements only. Do not claim validated 3D motion, ground force, joint torque, injury risk, medical diagnosis, or causal proof. Professional-player ranges are context only. Select no more than 1–2 training priorities and state exactly what should be checked at the next Retest. If evidence is insufficient, say 'not enough information.'

Principle: AI organizes evidence and drafts the report; Vincent / coach / parent decides what to use, and Retest is the verification step.