# Future Stars Baseball Club

# Justin Hitting Baseline Report | Four-Video Baseline

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

## 1. Report Scope

This report is based on Justin'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

**Justin shows clear strength and good intent to swing. He completes the swing well, produces acceptable contact in both tee work and toss, and finishes aggressively. The main development need is not raw strength. It is swing path and sequence stability: the swing can get big, the hands and upper body sometimes start early, and the front side can open early enough to affect contact consistency.**

## Key Frame Reference

# Justin Four-Video Baseline - Key Frames

**Side Toss - Ready / Load**
Frame 30

**Side Toss - Contact Zone**
Frame 90

**Side Toss - Finish**
Frame 210

**Side Toss - Later Swing Contact**
Frame 1530

**Back Toss - Ready / Load**
Frame 146

**Back Toss - Contact Zone**
Frame 585

**Back Toss - Finish**
Frame 1024

**Back Toss - Later Swing Finish**
Frame 1170

**Side Tee - Ready / Load**
Frame 300

**Side Tee - Contact Zone**
Frame 650

**Side Tee - Finish**
Frame 900

**Back Tee - Finish Direction**
Frame 1000

## 3. 10-Swing Contact Quality | Video Observation Version

The values 4/10, 5/10, and 1/10 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 x 3 = 12 |
| Medium | Acceptable / average contact | 5/10 | 2 | 5 x 2 = 10 |
| Poor | Low-quality contact / mishit | 1/10 | 1 | 1 x 1 = 1 |
| Total | Total observed swings | 10/10 | Max score: 30 | 23/30 |

CQS calculation: Good = 3 points, Medium = 2 points, Poor = 1 point. For this session: 4 x 3 + 5 x 2 + 1 x 1 = 23 points. The maximum possible score is 10 x 3 = 30 points. Therefore, CQS = 23 / 30 x 100 = 76.7/100.

This score indicates that Justin already has stable basic contact ability, 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 Justin starts with strong intent. | Keep the basic setup and build rhythm and repeatability. |
| Load / Stride | There is a load, but back-side retention and rhythm are not always stable. | Keep energy in the back hip and back leg before launch. |
| Launch | The hands and upper body sometimes get involved early, and the swing can get big. | Train body-first rotation, later hand release, and a shorter path into contact. |
| Contact Zone | Justin finds the ball multiple times, but barrel path and contact depth fluctuate. | Improve barrel control and sweet-spot consistency. |
| Finish | The finish is generally complete, but the front side and body direction can become unstable. | 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 | Long / big swing path | The swing path can get too large before contact. | 7/10 | High |
| 2 | Early hand / upper-body involvement | The hands and upper body sometimes start too early. | 6/10 | High |
| 3 | Front side opens early | The front side opens early enough to affect direction and stability. | 6/10 | Medium-High |

| Priority | Mechanical Issue | Plain-English Meaning | Occurrence / 10 | Training Priority |
|---|---|---|---|---|
| 4 | Inconsistent contact depth | Contact depth and sweet-spot consistency fluctuate. | 5/10 | Medium |

## 6. 7-10 Day Training Plan

| Drill | Purpose | How to Do It |
|---|---|---|
| Short-to-Contact Drill | Shorten the swing path. | Start from normal stance and work on a shorter path into the contact zone. Avoid a large loop. |
| Load Pause Drill | Build better back-side load and rhythm. | 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. |
| 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

**Justin's baseline shows good strength and strong swing intent. His current CQS is 76.7/100, which indicates fairly stable contact ability. If he can shorten the swing path, improve front-side stability, and reduce early hand / upper-body involvement, his contact quality should improve more consistently.**