

# Future Stars Baseball Club

## Leo Hitting Baseline Report | Four-Video Baseline

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

### 1. Report Scope

This report is based on Leo'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

Leo's baseline shows strong body coordination and good intent to swing. He uses his lower half more clearly than many young hitters, and his leg lift / stride gives the swing rhythm. He also finishes the swing well. The main development need is control: the forward move can get too large, the front side can open early, and the path / timing into contact needs to become more repeatable.

### Key Frame Reference

## Leo Four-Video Baseline - Key Frames



**Side Toss - Ready / Load**

Frame 0



**Side Toss - Launch**

Frame 411



**Side Toss - Contact Zone**

Frame 548



**Side Toss - Finish**

Frame 685



**Back Toss - Ready / Load**

Frame 0



**Back Toss - Launch**

Frame 411



**Back Toss - Contact Zone**

Frame 685



**Back Toss - Finish**

Frame 822



**Side Tee - Ready / Load**

Frame 368



**Side Tee - Contact Zone**

Frame 736



**Side Tee - Finish**

Frame 920



**Back Tee - Finish Direction**

Frame 1100

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

The values 5/10, 4/10, 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         | 5/10       | 3               | $5 \times 3 = 15$ |
| Medium                   | Acceptable / average contact | 4/10       | 2               | $4 \times 2 = 8$  |
| Poor                     | Low-quality contact / mishit | 1/10       | 1               | $1 \times 1 = 1$  |
| Total                    | Total observed swings        | 10/10      | Max score: 30   | 24/30             |

CQS calculation: Good = 3 points, Medium = 2 points, Poor = 1 point. For this session:  $5 \times 3 + 4 \times 2 + 1 \times 1 = 24$  points. The maximum possible score is  $10 \times 3 = 30$  points. Therefore,  $CQS = 24 / 30 \times 100 = 80.0/100$ .

This score indicates that Leo already has stable contact ability and can produce multiple quality swings in the Toss setting. 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 and ready position are stable, and Leo swings with intent.                      | Keep the basic setup and continue improving rhythm.                        |
| Load / Stride  | There is a clear leg lift and stride rhythm, but the forward move can get too large.       | Control the forward move so the body stays in a stronger hitting position. |
| Launch         | The lower half is involved, but the front side sometimes opens early.                      | Train a stronger front-side block so rotation stays more connected.        |
| Contact Zone   | Most swings enter an acceptable contact zone, but contact depth still fluctuates.          | Improve barrel control and timing consistency.                             |
| Finish         | The finish is generally complete, but body direction and balance can drift on some swings. | 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        | Excessive forward move     | The body sometimes moves too far forward before contact.             | 6/10            | High              |
| 2        | Front side opens early     | The front side opens early enough to affect direction and stability. | 6/10            | High              |
| 3        | Inconsistent contact depth | Contact depth and timing fluctuate.                                  | 5/10            | Medium-High       |

| Priority | Mechanical Issue           | Plain-English Meaning                   | Occurrence / 10 | Training Priority |
|----------|----------------------------|-----------------------------------------|-----------------|-------------------|
| 4        | Finish balance fluctuation | Finish balance is not fully repeatable. | 4/10            | Medium            |

## 6. 7-10 Day Training Plan

| Drill                     | Purpose                                  | How to Do It                                                                                                       |
|---------------------------|------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
| Controlled Leg Lift Drill | Control forward move after the leg lift. | Lift the leg, stay stacked on the back side, and avoid rushing forward. Focus on slow, stable, repeatable rhythm.  |
| 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 Behind the Front Side | Reduce early front-side opening.         | Feel the front shoulder and front hip stay closed longer while the barrel enters the contact zone behind the body. |
| 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

**Leo's baseline shows strong athletic ability and a solid hitting foundation. His current CQS is 80.0/100, which indicates stable contact ability. The next stage should focus less on simply swinging harder and more on controlling forward move, stabilizing the front side, and making contact depth more repeatable. That should help increase his percentage of good contact.**