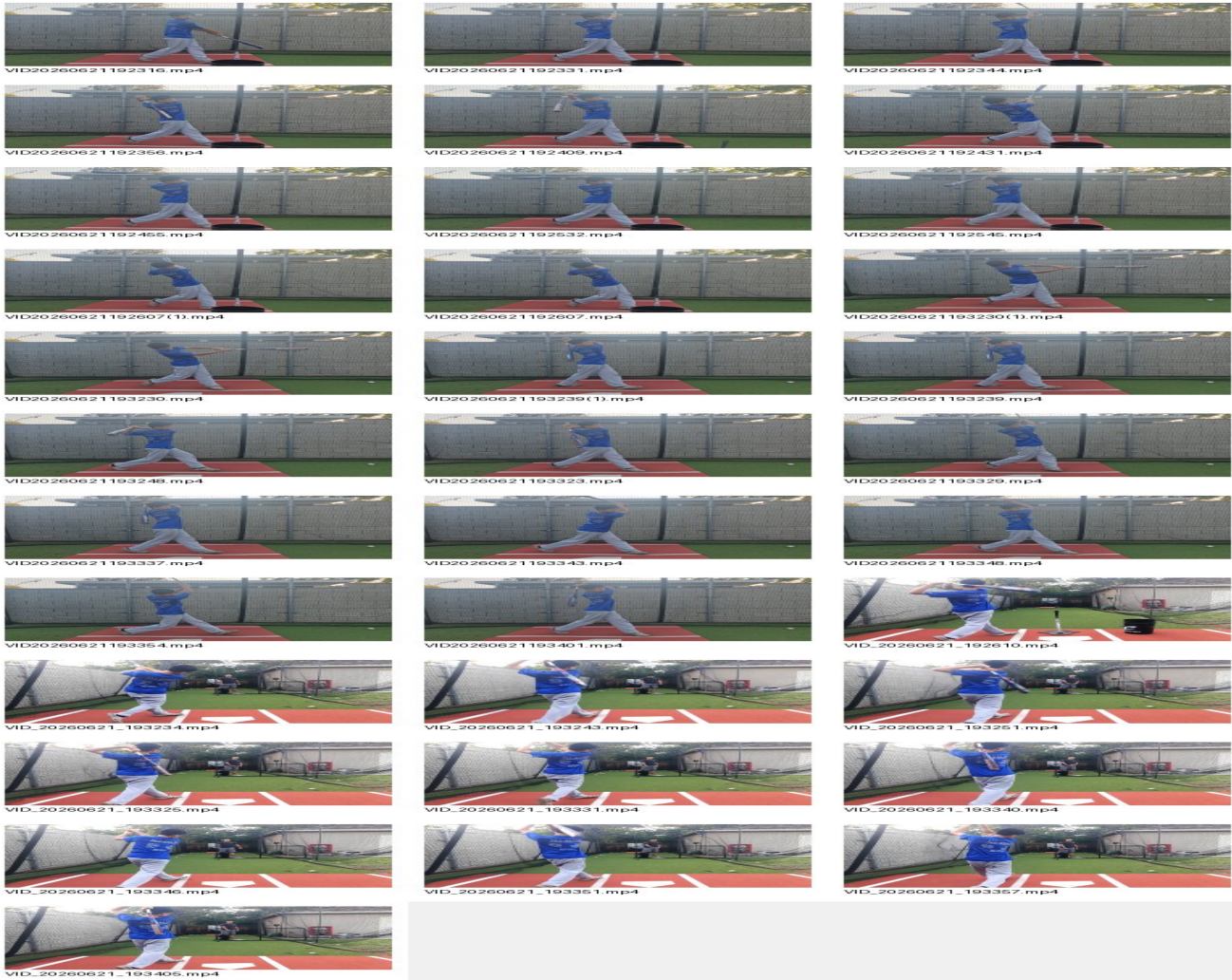


Future Stars Baseball Club

Leo Hall - Parent-Friendly Hitting Report

Baseline Session Date: June 21, 2026

This report is designed for parents. It explains what Leo did well, what he needs to improve, and what the next 7-10 days of training should focus on.



Video session snapshot: side view, back view, tee work, and front toss representative frames.

Big Picture Summary

Leo already has a workable swing. He can complete the motion, make contact, and repeat the general pattern. The main issue is not whether he can hit the ball; it is how efficiently he uses his body to create force. At this stage, the swing is still somewhat hand-and-shoulder dominant.

1. What Leo Did Well

Strength	Explanation
Complete swing	Leo finishes his swing instead of stopping early. This is a strong foundation.
Contact ability	He can find the ball in both tee work and moving-ball front toss.

Repeatability	The general swing shape repeats well enough for before/after comparison.
Effort and intent	He swings with commitment rather than simply poking at the ball.

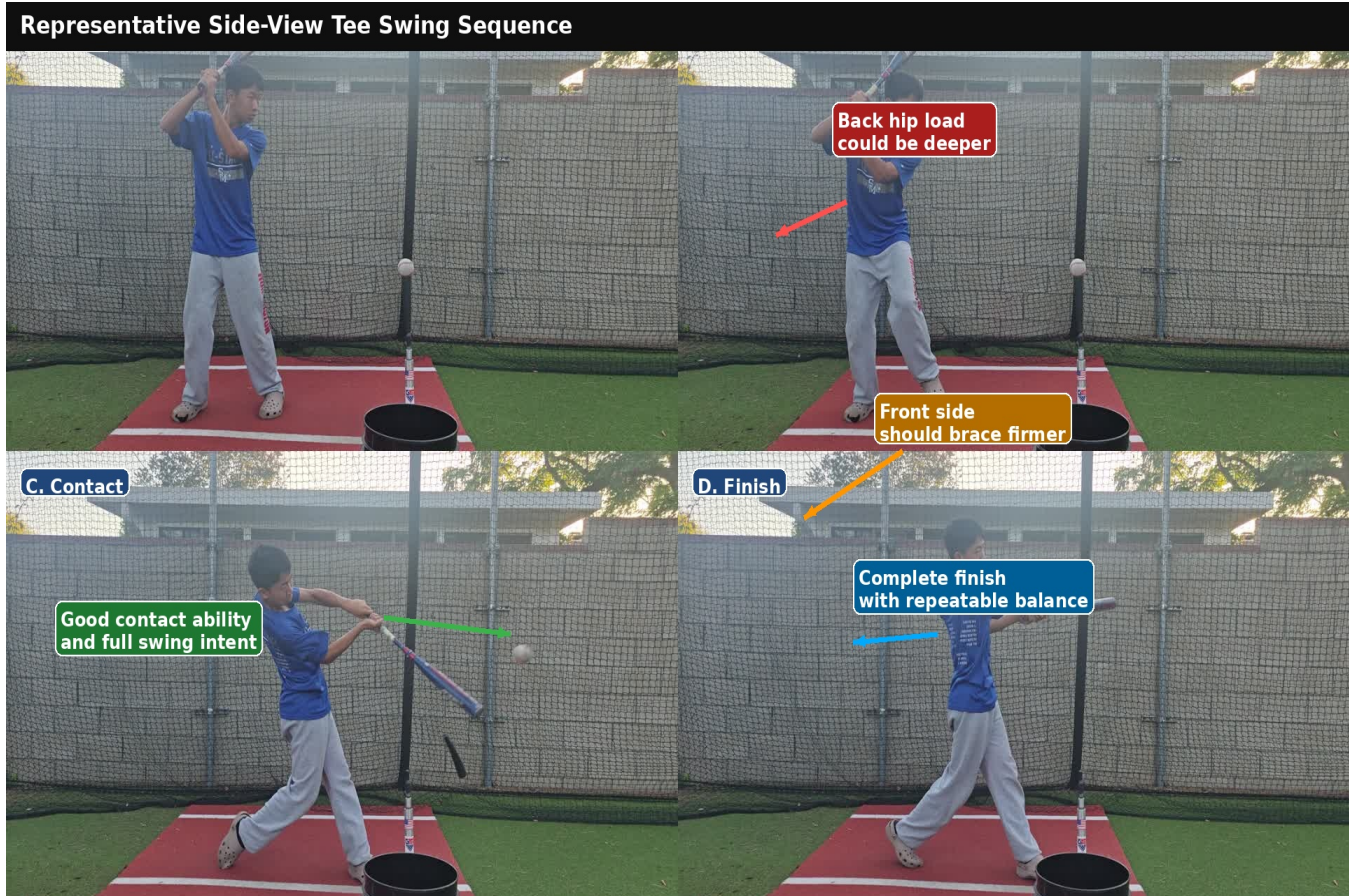
2. Main Improvement Areas

Priority	Meaning
Back-hip load	Leo needs to sit into the back hip more deeply before the swing starts.
Front-side block	After stride, the front side should brace more firmly so energy does not leak forward.
Hip-led rotation	The hips should begin the turn before the upper body opens.
Head stability	The head should stay quieter through contact.

3. Key Image Analysis

The following frames show the most important parent-facing teaching points.

Side View Tee Sequence



Parent takeaways: Leo's setup is athletic; the back-hip load can be deeper; contact has intent; the finish is complete.

Back View Front Toss Sequence

Representative Back-View Front Toss Sequence



Parent takeaways: front toss adds timing pressure; the upper body can open early; the head can stay quieter; the full finish shows strong training upside.

4. Simple Scorecard

Category	Score	Comment
Swing completeness	7/10	Full finish and good swing intent.
Repeatability	7/10	Similar general pattern across swings.
Lower-half use	5/10	Needs deeper load and stronger front-side block.
Head control	6/10	Can stay quieter through contact.
Training upside	8/10	Clear problems and clear solutions.

5. Next 7-10 Days

Drill 1 - Pause Load Drill: Load into the back hip, pause for one second, then swing.

Drill 2 - Stride and Hold Drill: Stride, land, hold for two seconds, then swing.

Drill 3 - Hit and Freeze Drill: After contact, freeze for one second and keep the eyes near the contact zone.

6. Final Parent Takeaway

Leo's first baseline session is a very good start. He already has enough coordination and swing structure to improve quickly. The goal now is not to rebuild everything. The goal is to make the swing more efficient by teaching him to use the ground, hips, and front-side support more effectively.