

### VIZUAL EDGE TRAINING IMPACT

NCAA D3 2021 CONFERENCE CHAMPS STATISTICAL PLAYER IMPROVEMENTS



### THE CORE-SIX BASEBALL

### **VISUAL SKILLS**





#### **ALIGNMENT**

Proper alignment enables the ability to perceive the true location of an object, rather than in front or behind it

- Timing at the plate
- Barrel contact



#### **CONVERGENCE**

Ability to focus on objects within close proximity and judge their movement.

- Ability to focus on incoming pitches
- Consistency in contact



#### RECOGNITION

Ability to observe, process and recall a series of visual targets, and respond properly.

- Pitch identification
- Swing decisions & overall baseball IQ



#### **DEPTH PERCEPTION**

Uses both eyes to locate objects in space to judge their distance, speed, and direction

- Timing at the plate
- Judging the spin, speed & trajectory of the ball



#### **DIVERGENCE**

Ability to locate objects in the distance, impacting an athlete's ability to anticipate and react.

- Locating the ball out of the pitcher's hand
- Early pitch/spin detection



#### **TRACKING**

Ability to follow an object while continuously monitor all other aspects of the game

 Overall reaction time & ability to follow the ball in the air





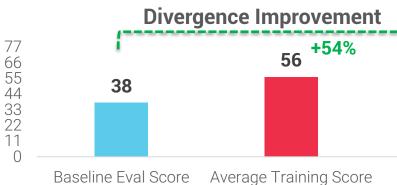
Latest Eval Score

	Edge Score	Convergence	Divergence	Recognition*	Tracking*
Baseline Evaluation	74.3	52	26	0.83s, 76%	0.54s, 86%
Average Training (Weighted based on difficulty)	-	57	43	0.78s, 90%	0.54s, 93%
Latest Evaluation (% Improvement from baseline)	82.8 (+11%)	59 (+13%)	40 (+54%)	0.58s, 96% (30% Quicker)	0.48s, 93% (11% Quicker)

	BB%	<b>K</b> %	HR (HR%)	AVG	OBP	SLG	OPS
Pre-Training (2020 season)	8.6%	22.9%	0 (0%)	0.310	0.429	0.517	0.946
Post-Training (% Improvement)	15.8% (+84%)	11.6% (-49%)	10 (5.2%) (+10)	0.377 (+22%)	0.502 (+17%)	0.702 (+36%)	1.204 (+27%)

Station Score

- 25+ training **sessions** completed
- 115+ training **exercises** completed



 $\star$ Only standard evaluation settings: Recognition – 3 medium arrows, 0.60s flash time. Tracking – 0.60s flash time



	Edge Score	Convergence	Recognition	Tracking
Baseline Evaluation	71.0	29	1.72s, 79%	0.60s, 94%
Average Training (Weighted based on difficulty)	<u>-</u>	74	1.14s, 95%	0.58s, 95%
Latest Evaluation (% Improvement from baseline)	83.7 (+18%)	69 (+138%)	0.86s, 96% (50% Quicker)	0.57s, 99% (5% Quicker)

	BB%	<b>K</b> %	OBP
Pre-Training (2019 & 2020 seasons)	10.7%	27.3%	0.413
Post-Training (% Improvement)	12.6% (+17%)	26.0% (-5%)	0.457 (+11%)
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- 40+ training **sessions** completed
- 200+ training **exercises** completed



<sup>\*</sup>Only standard evaluation settings: Recognition - 3 medium arrows, 0.60s flash time. Tracking - 0.60s flash time

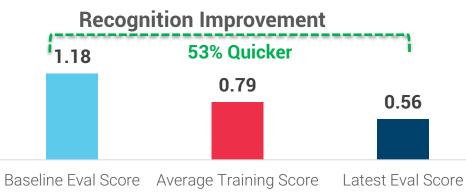


	Edge Score	Convergence	Divergence	Recognition*	Tracking*
Baseline Evaluation	67.5	19	19	1.18s, 64%	0.73s, 95%
Average Training (Weighted based on difficulty)	-	40	23	0.79s, 88%	0.68s, 82%
Latest Evaluation (% Improvement from baseline)	85.6 (+27%)	54 (+184%)	33 (+74%)	0.56s, 93% (53% Quicker)	0.57s, 93% (22% Quicker)

	BB%	OBP	SLG	OPS
Pre-Training (2018 – 2020 seasons)	5.2%	0.332	0.319	0.651
Post-Training (% Improvement)	7.7% (+48%)	0.367 (+10%)	0.380 (+19%)	0.747 (+15%)

- 30+ training **sessions** completed
- 160+ training **exercises** completed





 $\star$ Only standard evaluation settings: Recognition – 3 medium arrows, 0.60s flash time. Tracking – 0.60s flash time



	Edge Score	Convergence	Divergence	Recognition
Baseline Evaluation	72.4	20	13	1.15s, 77%
Average Training (Weighted based on difficulty)	-	51	20	0.81s, 91%
Latest Evaluation (% Improvement from baseline)	86.0 (+19%)	56 (+180%)	24 (+85%)	0.84s, 88% (27% Quicker)

	PAs	BB%	<b>K</b> %	AVG	OBP
Pre-Training (2019–2020 seasons)	17	11.8%	47.1%	0.067	0.176
Post-Training (% Improvement)	76	14.5% (+23%)	15.8% (-66%)	0.230 (+243%)	0.333 (+89%)

Station Score

- 45+ training **sessions** completed
- 230+ training **exercises** completed



 $\star$ Only standard evaluation settings: Recognition – 3 medium arrows, 0.60s flash time. Tracking – 0.60s flash time