

ACC SOFTBALL TEAM

2022 STATISTICAL IMPROVEMENTS



ACC

TEAM HIGHLIGHT

2022 IMPROVEMENTS

PLATE DISCIPLINE

	PA	SO	SO%	BB	BB%
Pre-Training (2021 season)	1,277	279	21.8%	89	7.0%
Post-Training (2022 season, % Improvement)	1,383	256 (-8%)	18.5% (-15%)	118 (+33%)	8.5% (+22%)

HITTING STATS

	AB	AVG	OBP	SLG	OPS	XBH	HR%
Pre-Training (2021 season)	1,116	0.217	0.292	0.338	0.630	77	2.4%
Post-Training (2022 season, % Improvement)	1,072	0.274 (+26%)	0.351 (+20%)	0.416 (+23%)	0.767 (+22%)	96 (+25%)	2.8% (+17%)



THE CORE-SIX SOFTBALL 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 softball 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



PLAYER HIGHLIGHT

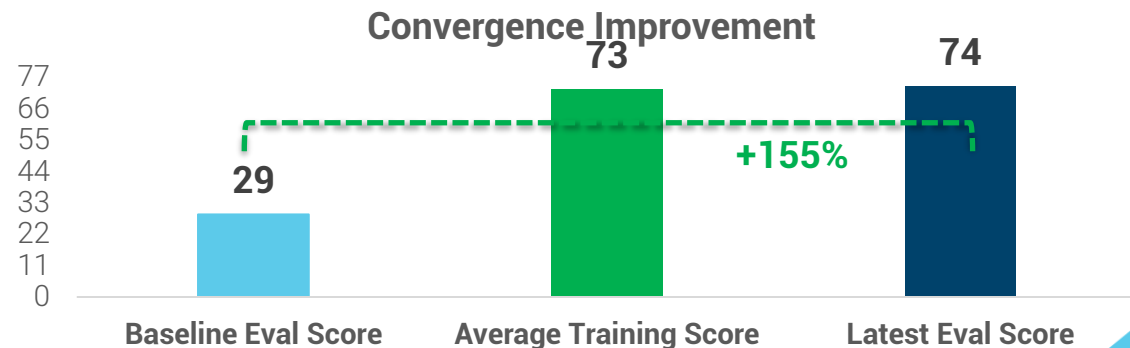
PLAYER 1

	Edge Score	Convergence	Divergence	Recognition* (Response Time, Accuracy)	Tracking* (Response Time, Accuracy)
Baseline Evaluation	77.4	29	32	0.75s, 96%	0.58s, 97%
Average Training (Weighted based on difficulty)	-	73	44	0.62s, 97%	0.56s, 97%
Latest Evaluation (% Improvement from baseline)	91.7 (+18%)	74 (+155%)	45 (+41%)	0.66s, 100% (12% quicker)	0.57s, 97% (2% quicker)

	AB (PA)	AVG	OBP	SLG	OPS	HR, HR%	BB%	SO%
Pre-Training (2018-2021 seasons)	260 (295)	0.277	0.350	0.469	0.820	9, 3.5%	8.8%	12.9%
Post-Training (2022 season, % Improvement)	146 (164)	0.336 (+21%)	0.409 (+17%)	0.664 (+42%)	1.073 (+31%)	13, 8.9% (+154%)	9.1% (+4%)	11.6% (-10%)

- 62 training **sessions** completed
- 284 training **exercises** completed

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



PLAYER HIGHLIGHT

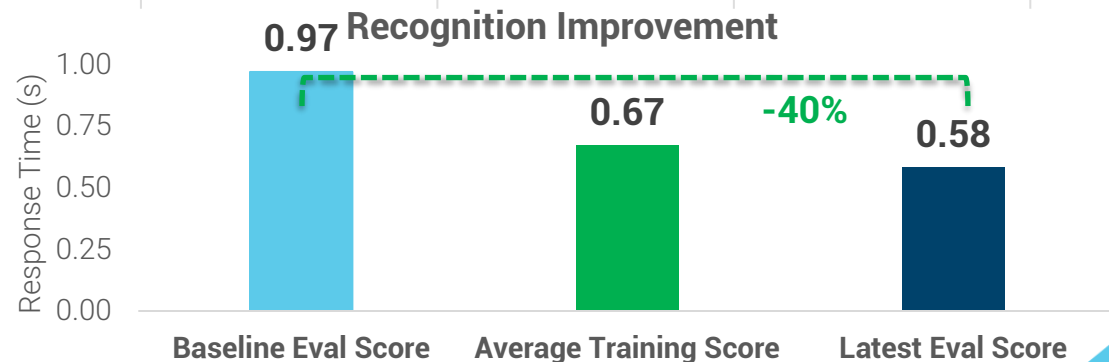
PLAYER 2

	Edge Score	Convergence	Divergence	Recognition* (Response Time, Accuracy)	Tracking* (Response Time, Accuracy)
Baseline Evaluation	66.8	15	7	0.97s, 83%	0.57s, 93%
Average Training (Weighted based on difficulty)	-	31	12	0.67s, 93%	0.52s, 93%
Latest Evaluation (% Improvement from baseline)	83.1 (+24%)	46 (+207%)	11 (+57%)	0.58s, 100% (40% quicker)	0.48s, 95% (16% quicker)

	AB (PA)	AVG	OBP	SLG	OPS	HR, HR%	BB%
Pre-Training (2020-2021 seasons)	29 (31)	0.172	0.226	0.379	0.605	1, 3.4%	6.5%
Post-Training (2022 season, % Improvement)	46 (53)	0.261 (+51%)	0.340 (+51%)	0.457 (+20%)	0.797 (+32%)	2, 4.3% (+26%)	7.5% (+17%)

- 50 training **sessions** completed
- 282 training **exercises** completed

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



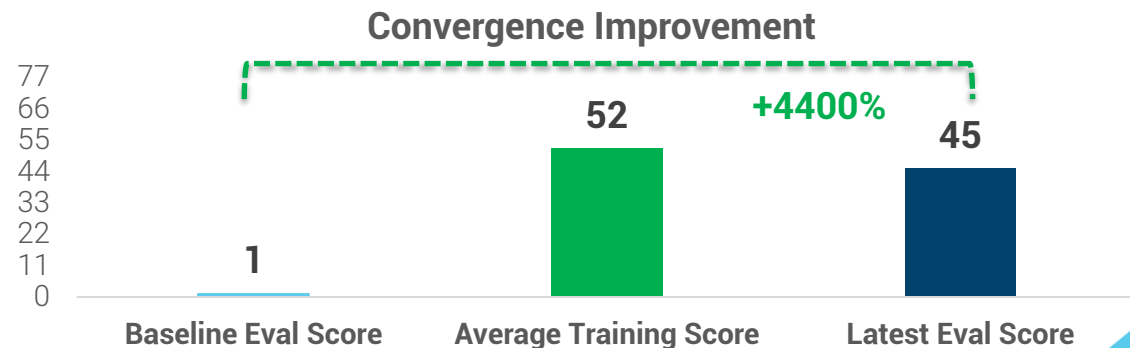
PLAYER HIGHLIGHT

PLAYER 3

	Edge Score	Convergence	Divergence	Recognition* (Response Time, Accuracy)	Tracking* (Response Time, Accuracy)
Baseline Evaluation	51.9	1	1	1.04s, 4%	0.57s, 97%
Average Training (Weighted based on difficulty)	-	52	7	0.84s, 91%	0.57s, 92%
Latest Evaluation (% Improvement from baseline)	75.8 (+46%)	45 (+4400%)	8 (+700%)	1.29s, 71% (67% more accurate)	0.57s, 93%

	AB (PA)	AVG	OBP	SLG	OPS	HR, HR%	BB%
Pre-Training (2020-2021 seasons)	29 (31)	0.172	0.226	0.379	0.605	1, 3.4%	6.5%
Post-Training (2022 season, % Improvement)	46 (53)	0.261 (+51%)	0.340 (+51%)	0.457 (+20%)	0.797 (+32%)	2, 4.3% (+26%)	7.5% (+17%)

- 38 training **sessions** completed
- 146 training **exercises** completed



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