THE CORE-SIX SOFTBALL
VISUAL SKILLS

VIZUAL EDGE
Winning is in Sight

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

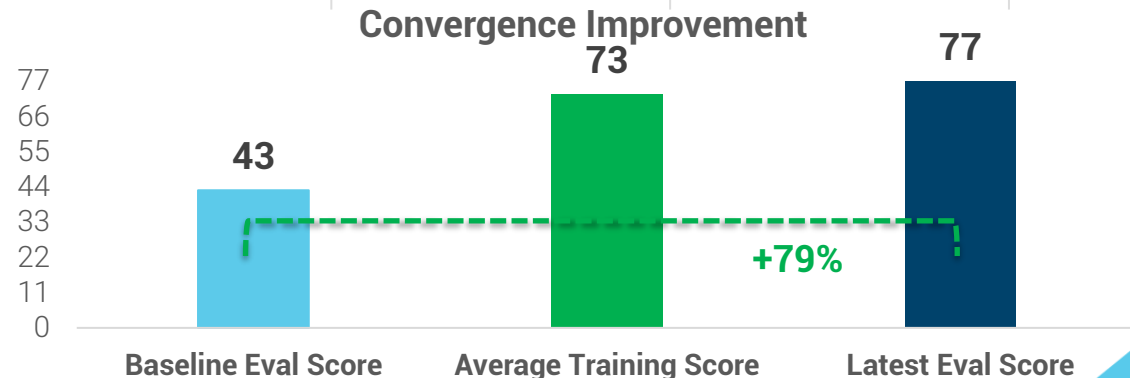- Overall reaction time & ability to follow the ball in the air

PLAYER HIGHLIGHT
PLAYER 1

	Edge Score	Convergence	Divergence	Recognition*	Tracking*
Baseline Evaluation	81.0	43	17	0.74s, 92%	0.52s, 95%
Average Training (Weighted based on difficulty)	-	73	44	0.65s, 95%	0.56s, 96%
Latest Evaluation (% Improvement from baseline)	93.5 (+16%)	77 (+79%)	38 (+124%)	0.50s, 100% (32% quicker)	0.48s, 98% (8% quicker)

	AB (PA)	AVG	SLG	OBP	BB%	SO%
Pre-Training (2021 season)	94 (116)	0.298	0.404	0.416	3.4%	3.4%
Post-Training (2022 season, % Improvement)	135 (156)	0.385 (+29%)	0.481 (+19%)	0.458 (+10%)	12.2% (+259%)	3.2% (-7%)

- 95 training **sessions** completed
- 698 training **exercises** completed

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

Convergence Improvement
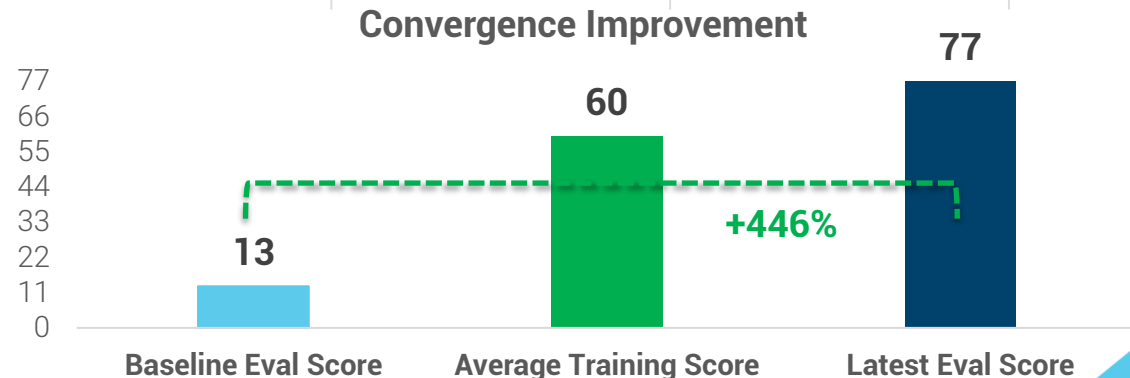

+79%

Baseline Eval Score	Average Training Score	Latest Eval Score
43	73	77

PLAYER HIGHLIGHT
PLAYER 2

	Edge Score	Convergence	Divergence	Recognition*	Tracking*
Baseline Evaluation	77.4	13	43	1.01s, 87%	0.73s, 97%
Average Training (Weighted based on difficulty)	-	60	45	0.72s, 97%	0.62s, 96%
Latest Evaluation (% Improvement from baseline)	90.9 (+18%)	77 (+446%)	38	0.58s, 100% (43% quicker)	0.54s, 96% (26% quicker)

	AB (PA)	AVG	SLG	OPS	SO	SO%
Pre-Training (2020 & 2021 seasons)	112 (133)	0.304	0.321	0.712	26	19.5%
Post-Training (2022 season, % Improvement)	138 (149)	0.341 (+12%)	0.355 (+10%)	0.727 (+2%)	15 (-42%)	10.1% (-49%)

- 70 training **sessions** completed
- 518 training **exercises** completed

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

Convergence Improvement

	13	60	77
	Baseline Eval Score	Average Training Score	Latest Eval Score

+446%

PLAYER HIGHLIGHT
PLAYER 3

	Edge Score	Convergence	Divergence	Recognition*	Tracking*
Baseline Evaluation	87.4	64	24	1.03s, 87%	0.56s, 99%
Average Training (Weighted based on difficulty)		68	42	0.65s, 92%	0.57s, 88%
Latest Evaluation (% Improvement from baseline)	92.5 (+6%)	74 (+16%)	36 (+50%)	0.58s, 100% (44% quicker)	0.53s, 100% (6% quicker)

	AB (PA)	3B	RBI	BB	BB%
Pre-Training (2020 & 2021 seasons)	177 (180)	2	12	3	1.7%
Post-Training (2022 season, % Improvement)	168 (176)	3 (+50%)	15 (+25%)	5 (+67%)	2.8% (+65%)

- 46 training **sessions** completed
- 325 training **exercises** completed

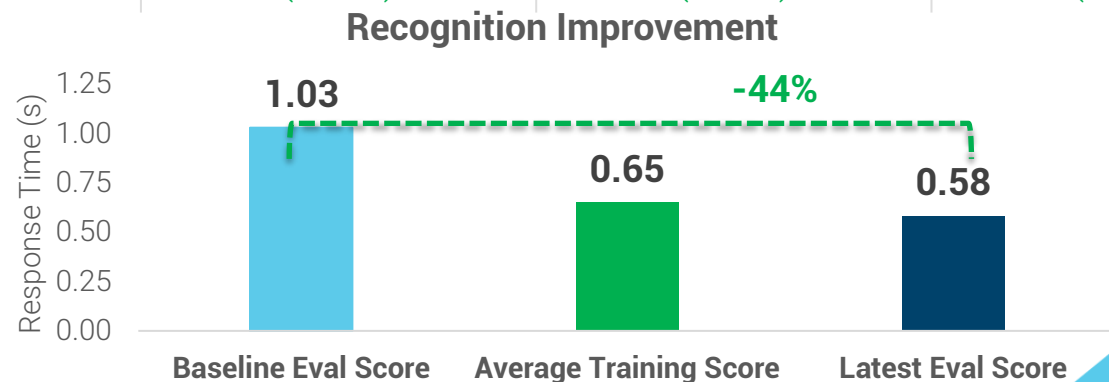*Only standard evaluation settings: Recognition – 3 medium arrows, 0.60s flash time. Tracking – 0.60s flash time

Recognition Improvement
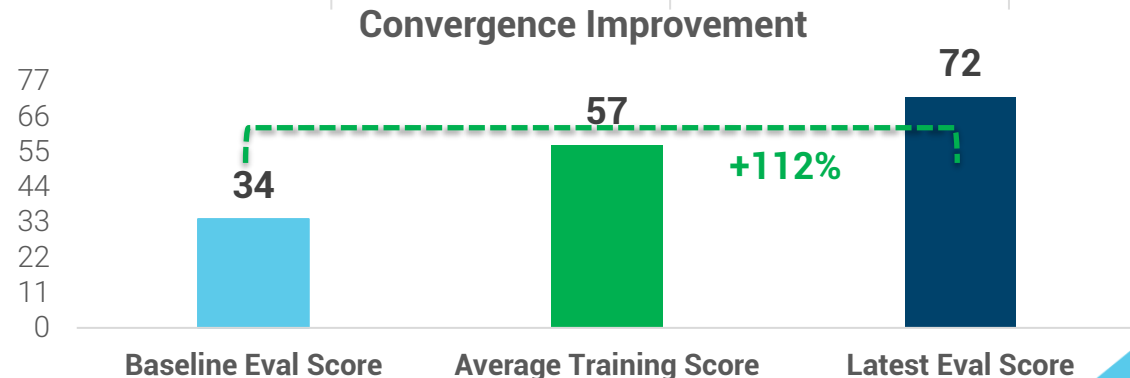

Response Time (s)

1.03 — -44% → 0.65 → 0.58

Baseline Eval Score · Average Training Score · Latest Eval Score

PLAYER HIGHLIGHT
PLAYER 4

VIZUAL EDGE
Winning is in Sight

	Edge Score	Convergence	Divergence	Recognition*	Tracking*
Baseline Evaluation	76.8	34	49	0.87s, 89%	0.55s, 89%
Average Training (Weighted based on difficulty)	-	57	57	0.54s, 94%	0.57s, 91%
Latest Evaluation (% Improvement from baseline)	93.4 (+22%)	72 (+112%)	53 (+8%)	0.51s, 93% (23% quicker)	0.54s, 97% (2% quicker)

	AB (PA)	AVG	SLG	OBP	BB%	SO%
Pre-Training (2020 & 2021 seasons)	22 (23)	0.227	0.318	0.261	0%	8.7%
Post-Training (2022 season, % Improvement)	66 (74)	0.303 (+33%)	0.439 (+38%)	0.352 (+35%)	6.8% (+6.8)	4.1% (-53%)

- 62 training **sessions** completed
- 426 training **exercises** completed

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

Convergence Improvement
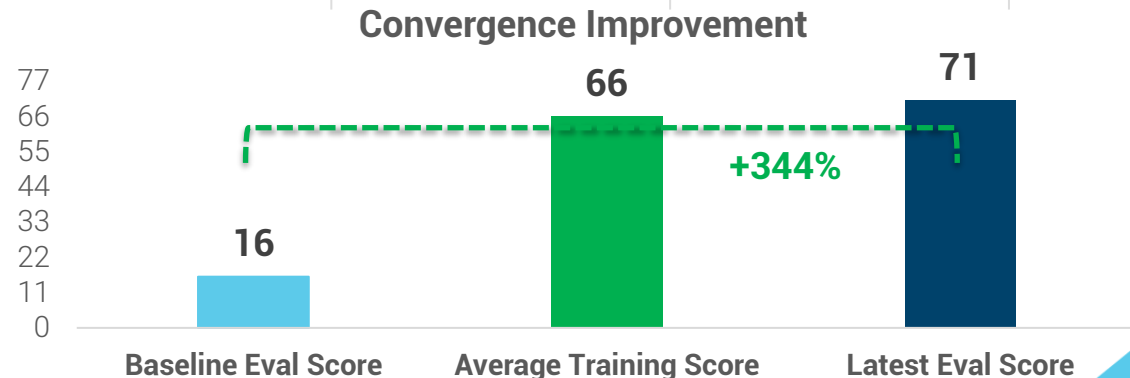

Baseline Eval Score: 34
Average Training Score: 57
Latest Eval Score: 72
+112%

PLAYER HIGHLIGHT
PLAYER 5

	Edge Score	Convergence	Divergence	Recognition*	Tracking*
Baseline Evaluation	73.3	16	37	0.97s, 100%	0.60s, 87%
Average Training (Weighted based on difficulty)	-	66	50	0.80s, 95%	0.63, 92%
Latest Evaluation (% Improvement from baseline)	92.9 (+27%)	71 (+344%)	43 (+16%)	0.52s, 100% (46% quicker)	0.50s, 98% (17% quicker)

	AB (PA)	AVG	SLG	OPS	RBI	FLD%
Pre-Training (2020 & 2021 seasons)	18 (21)	0.167	0.167	0.452	2	0.933
Post-Training (2022 season, % Improvement)	53 (62)	0.226 (+36%)	0.439 (+38%)	0.639 (+41%)	6 (+200%)	0.973 (+4%)

- 74 training **sessions** completed
- 536 training **exercises** completed

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

Convergence Improvement

77
66
55
44
33
22
11
0

66

71

+344%

16

Baseline Eval Score   Average Training Score   Latest Eval Score

PLAYER HIGHLIGHT
PLAYER 6

	Edge Score	Convergence	Divergence	Recognition*	Tracking*
Baseline Evaluation	75.3	26	38	1.09s, 74%	0.61s, 83%
Average Training (Weighted based on difficulty)	-	31	26	0.85s, 92%	0.63s, 95%
Latest Evaluation (% Improvement from baseline)	84.1 (+12)	54 (+108%)	28	0.83s, 100% (24% quicker)	1.18s, 81%

Pitching	APP	W	IP	ERA	BAVG
Pre-Training (2020 & 2021 seasons)	19	4	32	4.50	0.310
Post-Training (2022 season, % Improvement)	28	5 (+25%)	80.2 (+151%)	3.38 (-25%)	0.258 (-17%)

- 21 training **sessions** completed
- 144 training **exercises** completed

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

Convergence Improvement

+108%

26	31	54
Baseline Eval Score	Average Training Score	Latest Eval Score