

# SEC SOFTBALL TEAM 2022 STATISTICAL IMPROVEMENTS



### 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





|   | Edge Score     | Convergence   | Divergence   | Recognition* (Response Time, Accuracy) | Tracking* (Response Time, Accuracy) |
|---|----------------|---------------|--------------|--|-------------------------------------|
| Baseline Evaluation                             | 78.3           | 33            | 30           | 1.26s, 95%                             | 0.55s, 97%                          |
| Average Training (Weighted based on difficulty) | -              | 67            | 47           | 0.68s, 98%                             | 0.55s, 98%                          |
| Latest Evaluation (% Improvement from baseline) | 93.0<br>(+19%) | 71<br>(+115%) | 44<br>(+47%) | 0.57s, 96%<br>(55% quicker)            | 0.55s, 99%<br>(2% more accurate)    |

|  | AB (PA)   | AVG            | OBP             | SLG            | OPS            | BB%             | <b>SO%</b>      | HR%            |
|--|-----------|----------------|-----------------|----------------|----------------|-----------------|-----------------|----------------|
| Pre-Training (2021 season)                       | 174 (195) | 0.299          | 0.359           | 0.644          | 1.003          | 8.7%            | 14.9%           | 9.8%           |
| Post-Training<br>(2022 season,<br>% Improvement) | 166 (200) | 0.307<br>(+3%) | 0.410<br>(+14%) | 0.651<br>(+1%) | 1.061<br>(+6%) | 13.5%<br>(+55%) | 13.0%<br>(-13%) | 10.2%<br>(+4%) |

66

44

33

11

- 92 training **sessions** completed
- 568 training **exercises** completed



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



|   | Edge Score    | Convergence  | Divergence   | Recognition* (Response Time, Accuracy) | Tracking* (Response Time, Accuracy) |
|---|---------------|--------------|--------------|--|-------------------------------------|
| Baseline Evaluation                             | 76.3          | 36           | 31           | 0.93s, 79%                             | 0.58s, 97%                          |
| Average Training (Weighted based on difficulty) | -             | 67           | 42           | 0.80s, 94%                             | 0.60s, 97%                          |
| Latest Evaluation (% Improvement from baseline) | 82.6<br>(+8%) | 70<br>(+94%) | 36<br>(+16%) | 0.86s, 100%<br>(7% quicker)            | 0.59s, 99%<br>(2% more accurate)    |

|  | AB (PA)   | HR          | HR%            | ВВ           | BB%            | FLD%           |
|--|-----------|-------------|----------------|--------------|----------------|----------------|
| Pre-Training<br>(2021 season)                    | 212 (230) | 13          | 6.1%           | 13           | 5.7%           | 0.987          |
| Post-Training<br>(2022 season,<br>% Improvement) | 186 (218) | 14<br>(+8%) | 7.5%<br>(+23%) | 21<br>(+62%) | 9.6%<br>(+70%) | 1.000<br>(+1%) |

66

44

33

11

- 28 training **sessions** completed
- 174 training **exercises** completed



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



|   | Edge Score    | Divergence   | Recognition* (Response Time, Accuracy) | Tracking* (Response Time, Accuracy) |
|---|---------------|--------------|--|-------------------------------------|
| Baseline Evaluation                             | 81.7          | 36           | 1.32s, 81%                             | 0.70s, 94%                          |
| Average Training (Weighted based on difficulty) | -             | 43           | 0.88s, 92%                             | 0.66s, 94%                          |
| Latest Evaluation (% Improvement from baseline) | 82.1<br>(+1%) | 49<br>(+36%) | 0.82s, 88%<br>(38% quicker)            | 0.66s, 98%<br>(6% quicker)          |

|  | AB (PA)   | AVG            | SLG             | OPS         | HR        | ХВН           |
|--|-----------|----------------|-----------------|-------------|-----------|---------------|
| Pre-Training<br>(2021 season)                    | 97 (112)  | 0.278          | 0.371           | 0.746       | 0         | 8             |
| Post-Training<br>(2022 season,<br>% Improvement) | 186 (218) | 0.282<br>(+1%) | 0.418<br>(+13%) | 0.789 (+6%) | 2<br>(+2) | 16<br>(+100%) |

- 27 training **sessions** completed
- 181 training **exercises** completed



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



|   | Edge Score     | Convergence   | Divergence | Recognition* (Response Time, Accuracy) | Tracking* (Response Time, Accuracy) |
|---|----------------|---------------|------------|--|-------------------------------------|
| Baseline Evaluation                             | 83.2           | 12            | 51         | 0.75s, 96%                             | 0.56s, 92%                          |
| Average Training (Weighted based on difficulty) | -              | 43            | 46         | 0.68s, 94%                             | 0.55s, 91%                          |
| Latest Evaluation (% Improvement from baseline) | 93.3<br>(+12%) | 73<br>(+508%) | 48         | 0.56s, 96%<br>(25% quicker)            | 0.51s, 98%<br>(9% quicker)          |

|  | AB (PA)   | BB%            | <b>SO</b> %           | FLD%           |
|--|-----------|----------------|-----------------------|----------------|
| Pre-Training<br>(2021 season)                    | 134 (166) | 16.9%          | 22.9%                 | 0.985          |
| Post-Training<br>(2022 season,<br>% Improvement) | 97 (125)  | 17.6%<br>(+4%) | 21.6%<br>(-6%)        | 0.989<br>(+1%) |
| , ,  |           | Co             | nvergence Improvement |                |

11

- 36 training **sessions** completed
- 245 training **exercises** completed

Convergence improvement 73 66 43 +508% 44 33 12 **Baseline Eval Score Average Training Score Latest Eval Score** 

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



|   | Edge Score     | Convergence  | Divergence   | Recognition* (Response Time, Accuracy) | Tracking* (Response Time, Accuracy) |
|---|----------------|--------------|--------------|--|-------------------------------------|
| Baseline Evaluation                             | 75.7           | 56           | 49           | 1.08s, 91%                             | 0.61s, 97%                          |
| Average Training (Weighted based on difficulty) | -              | 64           | 51           | 0.78s, 92%                             | 0.61s, 98%                          |
| Latest Evaluation (% Improvement from baseline) | 92.0<br>(+21%) | 69<br>(+23%) | 54<br>(+10%) | 0.67s, 100%<br>(38% quicker)           | 0.53s, 97%<br>(13% quicker)         |

|   | AB (PA)   | <b>S0%</b>              | FLD%           |
|---|-----------|-------------------------|----------------|
| Pre-Training<br>(2021 season)                 | 187 (207) | 12.6%                   | 0.943          |
| Post-Training<br>(2022 season, % Improvement) | 198 (220) | 11.8%<br>(-6%)          | 0.975<br>(+3%) |
|   |           | Recognition Improvement | ent            |

- 2022 Gold Glove Winner
- 27 training **sessions** completed
- 176 training **exercises** completed

-38%

0.67

**Latest Eval Score** 

<sup>1.25
1.08
1.00
0.75
0.50
0.25
0.00</sup>Baseline Eval Score Average Training Score

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