THE CORE-SIX BASEBALL
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 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

TEAM HIGHLIGHT
2022 IMPROVEMENTS

PLATE DISCIPLINE

	PA	K%
Pre-Training (2021 season)	2,068	24.1%
Post-Training (2022 season, % Improvement)	2,494	21.1% (-12%)

HITTING STATS

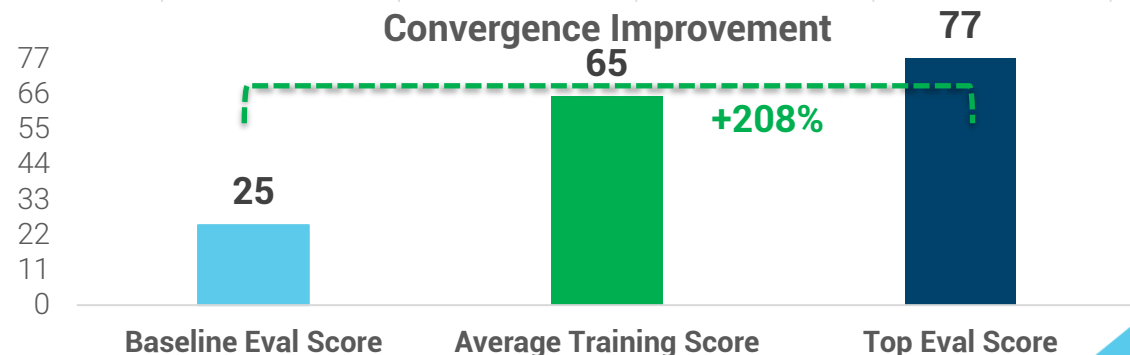|	AB	AVG	OBP	SLG	OPS	HR%
Pre-Training (2021 season)	1,734	0.251	0.359	0.404	0.763	3.1%
Post-Training (2022 season, % Improvement)	2,108	0.300 (+20%)	0.393 (+9%)	0.502 (+24%)	0.895 (+17%)	4.7% (+52%)

PLAYER HIGHLIGHT
PLAYER #1

VIZUAL EDGE
Winning is in Sight

	Edge Score	Convergence	Divergence	Recognition* (Response Time, Accuracy)	Tracking* (Response Time, Accuracy)
Baseline Evaluation	74.9	25	29	1.20s, 82%	0.70s, 97%
Average Training (Weighted based on difficulty)	-	65	38	0.60s, 95%	0.60s, 96%
Top Evaluation (% Improvement from baseline)	88.6 (+18%)	77 (+208%)	30 (+3%)	0.55s, 93% (14% quicker)	0.55s, 96% (21% quicker)

	AB (PA)	AVG	OBP	SLG	OPS	BB%	SO%	HR	HR%
Pre-Training (2019-2021 seasons)	309 (370)	0.262	0.360	0.537	0.898	11.9%	36.2%	23	7.4%
Post-Training (2022 season, % Improvement)	212 (270)	0.354 (+35%)	0.485 (+35%)	0.821 (+53%)	1.306 (+45%)	19.6% (+65%)	23.7% (-35%)	29 (+26%)	13.7% (+84%)

- 35 training **sessions** completed
- 271 training **exercises** completed
- Big East Player of the Year

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

Convergence Improvement
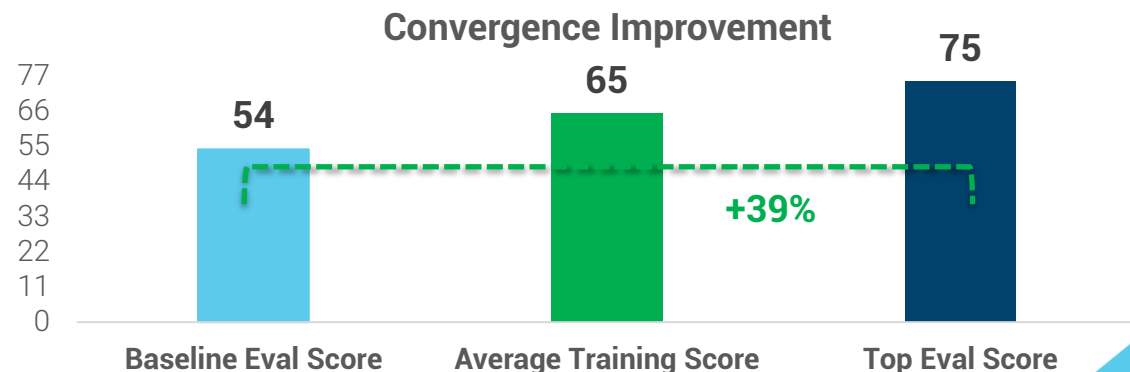
77
66
55
44
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22
11
0

25 Baseline Eval Score
65 Average Training Score
77 Top Eval Score

+208%

PLAYER HIGHLIGHT
PLAYER #2

	Edge Score	Convergence	Divergence	Recognition* (Response Time, Accuracy)	Tracking* (Response Time, Accuracy)
Baseline Evaluation	82.7	54	28	1.22s, 77%	0.59s, 92%
Average Training (Weighted based on difficulty)	-	65	37	0.95s, 86%	0.65s, 96%
Top Evaluation (% Improvement from baseline)	93.1 (+13%)	75 (+39%)	41 (+46%)	0.65s, 97% (47% quicker)	0.58s, 100% (2% quicker)

	AB (PA)	AVG	OBP	SLG	OPS	BB%	SO%
Pre-Training (2021 season)	76 (88)	0.171	0.267	0.263	0.530	5.7%	27.3%
Post-Training (2022 season, % Improvement)	87 (106)	0.310 (+81%)	0.406 (+52%)	0.402 (+53%)	0.808 (+52%)	8.5% (+49%)	24.5% (-10%)

- 27 training **sessions** completed
- 200 training **exercises** completed

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

Convergence Improvement
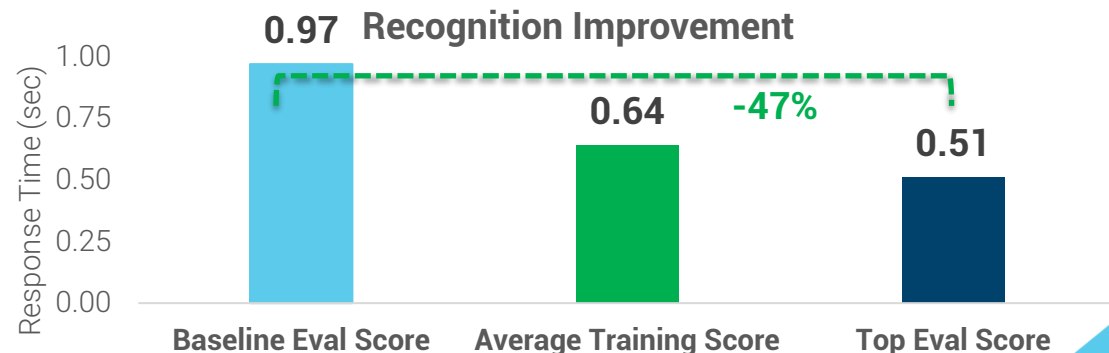

	Baseline Eval Score	Average Training Score	Top Eval Score
	54	65	75

+39%

PLAYER HIGHLIGHT
PLAYER #3

	Edge Score	Convergence	Divergence	Recognition* (Response Time, Accuracy)	Tracking* (Response Time, Accuracy)
Baseline Evaluation	74.2	27	28	0.97s, 83%	0.58s, 92%
Average Training (Weighted based on difficulty)	-	47	29	0.64s, 95%	0.52s, 93%
Top Evaluation (% Improvement from baseline)	83.2 (+12%)	30 (+11%)	30 (+7%)	0.51s, 97% (47% quicker)	0.51s, 85% (12% quicker)

	AB (PA)	AVG	OBP	SLG	OPS	BB%	FLD%
Pre-Training (2020-2021 seasons)	183 (214)	0.284	0.383	0.459	0.842	11.7%	0.983
Post-Training (2022 season, % Improvement)	208 (252)	0.332 (+17%)	0.437 (+14%)	0.505 (+10%)	0.942 (+12%)	13.9% (+19%)	1.00 (+2%)

- 21 training **sessions** completed
- 147 training **exercises** completed

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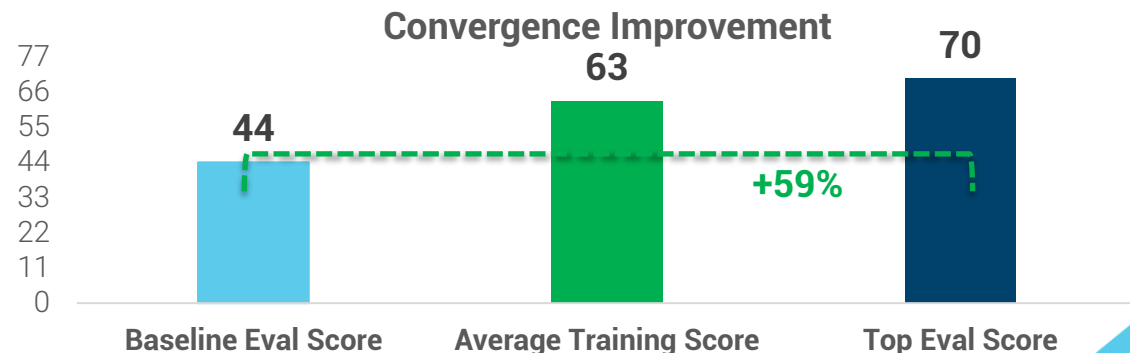
Recognition Improvement

0.97 0.64 -47% 0.51

Response Time (sec): 1.00, 0.75, 0.50, 0.25, 0.00

Baseline Eval Score   Average Training Score   Top Eval Score

PLAYER HIGHLIGHT
PLAYER #4

	Edge Score	Convergence	Divergence	Recognition* (Response Time, Accuracy)	Tracking* (Response Time, Accuracy)
Baseline Evaluation	71.0	44	25	1.70s, 79%	0.65s, 94%
Average Training (Weighted based on difficulty)	-	63	36	0.93s, 90%	0.61s, 93%
Top Evaluation (% Improvement from baseline)	89.3 (+26%)	70 (+59%)	29 (+16%)	0.76s, 100% (55% quicker)	0.63s, 100% (3% quicker)

	AB (PA)	AVG	OBP	SLG	OPS	HR	HR%
Pre-Training (2019-2021 seasons)	402 (510)	0.279	0.416	0.400	0.817	5	1.2%
Post-Training (2022 season, % Improvement)	228 (293)	0.311 (+12%)	0.445 (+7%)	0.588 (+47%)	1.033 (+26%)	16 (+220%)	7.0% (+464%)

- 19 training **sessions** completed
- 146 training **exercises** completed

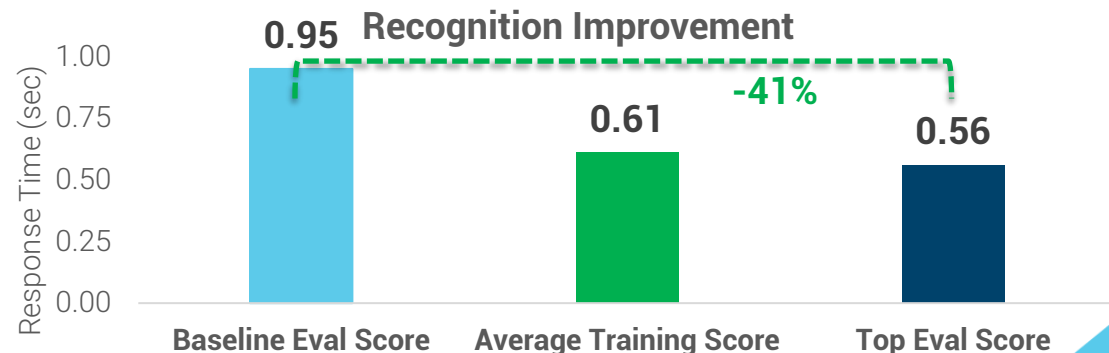*Only standard evaluation settings: Recognition – 3 medium arrows, 0.60s flash time. Tracking – 0.60s flash time

Convergence Improvement

Baseline Eval Score	Average Training Score	Top Eval Score
44	63	70

+59%

PLAYER HIGHLIGHT
PLAYER #5

	Edge Score	Recognition* (Response Time, Accuracy)	Tracking* (Response Time, Accuracy)
Baseline Evaluation	77.4	0.95s, 96%	0.53s, 90%
Average Training (Weighted based on difficulty)	-	0.61s, 96%	0.52s, 90%
Top Evaluation (% Improvement from baseline)	80.9 (+5%)	0.56s, 96% (41% quicker)	0.47s, 96% (11% quicker)

	AB (PA)	AVG	OBP	SLG	OPS	SO%	FLD%
Pre-Training (2020-2021 seasons)	206 (242)	0.233	0.339	0.383	0.722	22.7%	0.974
Post-Training (2022 season, % Improvement)	205 (236)	0.322 (+38%)	0.396 (+17%)	0.400 (+4%)	0.796 (+10%)	12.3% (-46%)	0.986 (+1%)

- 24 training **sessions** completed
- 174 training **exercises** completed

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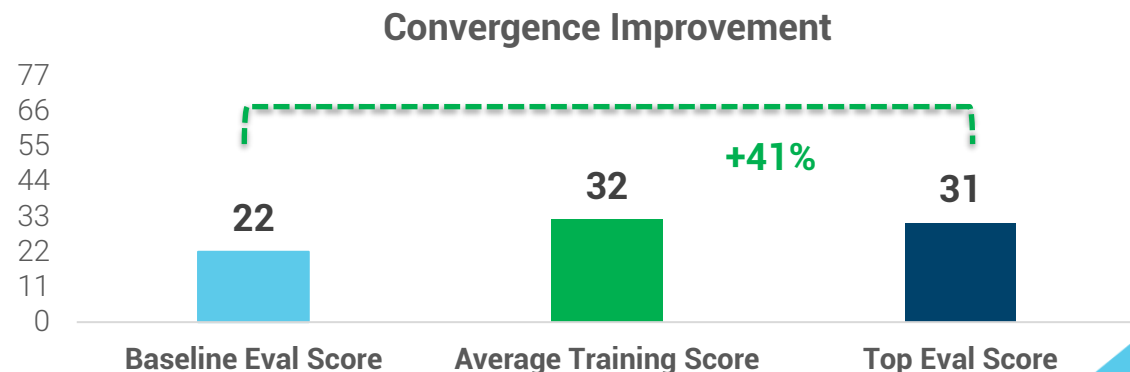

Recognition Improvement

-41%

Baseline Eval Score	Average Training Score	Top Eval Score
0.95	0.61	0.56

Response Time (sec)

PLAYER HIGHLIGHT
PLAYER #6

	Edge Score	Convergence	Divergence	Recognition* (Response Time, Accuracy)	Tracking* (Response Time, Accuracy)
Baseline Evaluation	67.7	22	32	1.16s, 91%	0.66s, 89%
Average Training (Weighted based on difficulty)	-	32	34	0.84s, 94%	0.63s, 92%
Top Evaluation (% Improvement from baseline)	76.3 (+13%)	31 (+41%)	22	1.08s, 91% (7% quicker)	0.66s, 95% (6% more accurate)

	AB (PA)	AVG	OBP	SLG	OPS	BB%	SO%
Pre-Training (2020-2021 seasons)	50 (55)	0.220	0.255	0.260	0.515	5.5%	20.0%
Post-Training (2022 season, % Improvement)	51 (56)	0.255 (+16%)	0.321 (+26%)	0.431 (+66%)	0.752 (+46%)	8.9% (+64%)	17.9% (-11%)

- 14 training **sessions** completed
- 104 training **exercises** completed

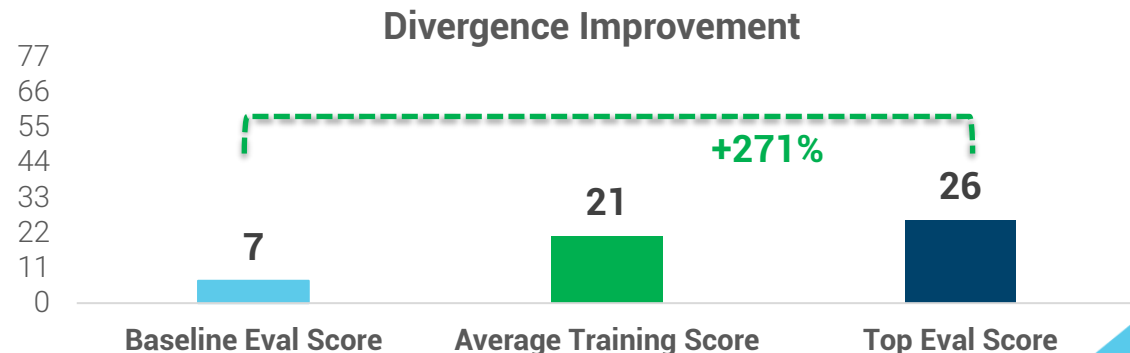*Only standard evaluation settings: Recognition – 3 medium arrows, 0.60s flash time. Tracking – 0.60s flash time

Convergence Improvement

+41%

Baseline Eval Score	Average Training Score	Top Eval Score
22	32	31

PLAYER HIGHLIGHT
PLAYER #7

	Edge Score	Divergence	Recognition* (Response Time, Accuracy)	Tracking* (Response Time, Accuracy)
Baseline Evaluation	82.5	7	1.06s, 96%	0.64s, 97%
Average Training (Weighted based on difficulty)	-	21	0.86s, 84%	0.58s, 94%
Top Evaluation (% Improvement from baseline)	85.9 (+4%)	26 (+271%)	0.65s, 93% (39% quicker)	0.57s, 92% (11% quicker)

	AB (PA)	AVG	OBP	SLG	OPS	HR	HR%
Pre-Training (2021 season)	122 (136)	0.221	0.296	0.311	0.607	2	1.6%
Post-Training (2022 season, % Improvement)	207 (230)	0.290 (+31%)	0.333 (+13%)	0.493 (+59%)	0.826 (+36%)	10 (+400%)	4.8% (+195%)

- 8 training **sessions** completed
- 53 training **exercises** completed

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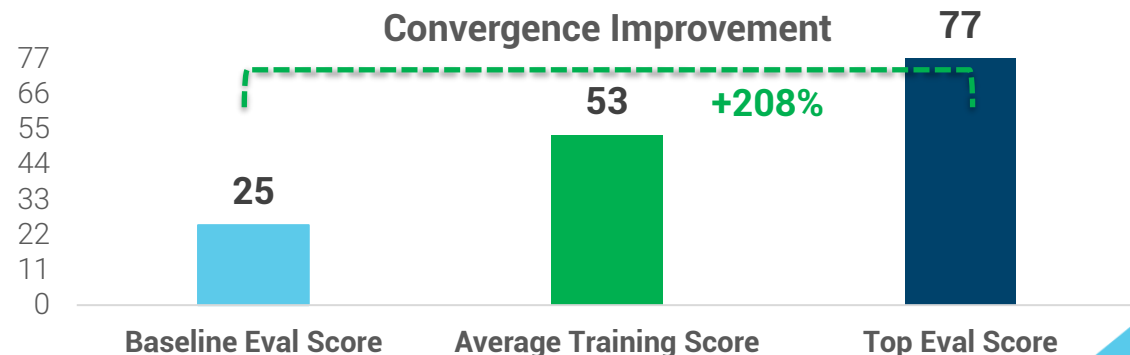
Divergence Improvement

+271%

Baseline Eval Score	Average Training Score	Top Eval Score
7	21	26

PLAYER HIGHLIGHT
PLAYER #8

VIZUAL EDGE
Winning is in Sight

	Edge Score	Convergence	Divergence	Recognition* (Response Time, Accuracy)	Tracking* (Response Time, Accuracy)
Baseline Evaluation	80.6	49	23	0.57s, 96%	0.56s, 97%
Average Training (Weighted based on difficulty)	-	50	26 (+13%)	0.60s, 95%	0.53s, 93% (5% quicker)
Top Evaluation (% Improvement from baseline)	84.3 (+5%)	56 (+14%)	16	0.55s, 93%	0.63s, 96%

	AB (PA)	AVG	OBP	SLG	OPS	SO%	HR%
Pre-Training (2021 season)	51 (59)	0.255	0.345	0.490	0.835	33.9%	5.9%
Post-Training (2022 season, % Improvement)	60 (67)	0.333 (+31%)	0.364 (+6%)	0.617 (+26%)	0.981 (+17%)	25.4% (-25%)	6.7% (+13%)

- 8 training **sessions** completed
- 58 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

25 — Baseline Eval Score

53 — Average Training Score

77 — Top Eval Score

+208%