

PUSH PERFORMANCE

PERFORMANCE ASSESSMENT REPORT

Garrett Crochet

November 22, 2025

AGE

32

HEIGHT

6'3"

WEIGHT

258 lbs

Force Plate Test Reasoning

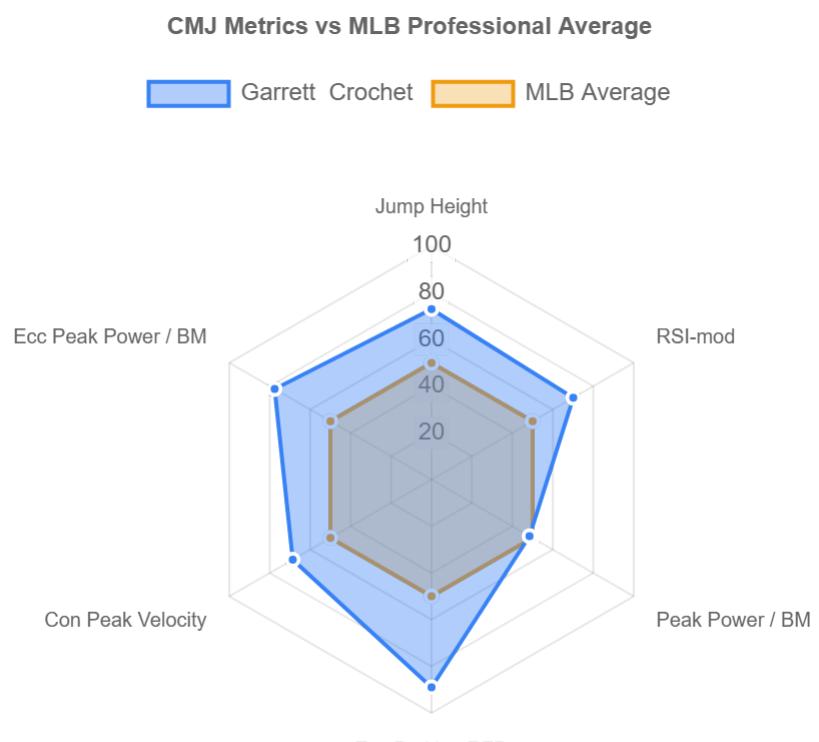
Performing multiple VALD force plate tests during an assessment provides a comprehensive understanding of an athlete's performance, asymmetries, injury risk, and readiness to train or return to play. These tests capture detailed metrics such as force production, rate of force development, and neuromuscular control, which are critical in a highly asymmetrical and explosive sport like baseball. By using a variety of tests—such as countermovement jumps, squat jumps, single leg counter movement jumps, hop test, isometric mid-thigh pulls and plyometric push ups—coaches and clinicians can identify imbalances, monitor fatigue, track training progress, and make objective decisions around injury prevention, rehabilitation and performance. This data-driven approach supports tailored training programs and long-term athlete development.

Countermovement Jump - Detailed Metrics

Metric	Athlete Value	Percentile
Jump Height	47.07 cm	73.0%
Eccentric Braking RFD	13077.24 N/s	89.0%
Force @ Zero Velocity	3510.78 N	99.0%
Eccentric Peak Force	3535.78 N	99.0%
Concentric Impulse	356.23 Ns	99.0%
Eccentric Peak Velocity	-1.76 m/s	75.2%
Concentric Peak Velocity	3.19 m/s	68.6%
Eccentric Peak Power	3661.21 W	95.3%
Eccentric Peak Power / BM	31.38 W/kg	77.6%
Peak Power	7208.48 W	95.0%
Peak Power / BM	61.79 W/kg	48.5%
RSI-mod	76.53	70.1%
Countermovement Depth	-42.84 cm	80.5%

Compared against professional baseball players from MLB/MiLB

CMJ Metrics vs MLB Pro Average



CMJ Test Recommendations

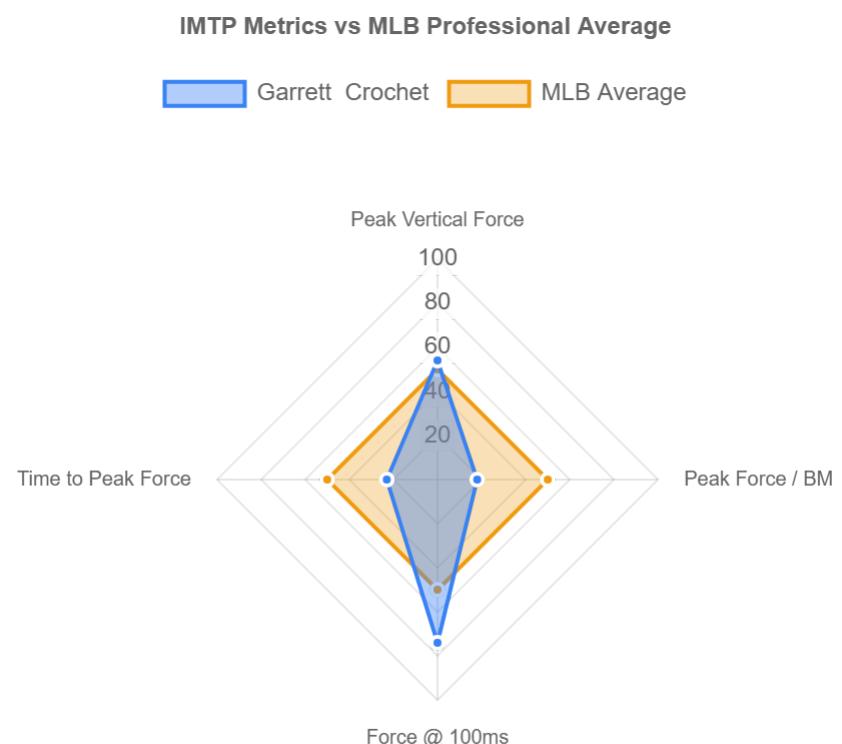
Good jump garrett

IMTP - Detailed Metrics

Metric	Athlete Value	Percentile
Peak Vertical Force	3362.78 N	54.0%
Peak Force / BM	28.70 N/kg	18.0%
Force @ 100ms	1859.78 N	74.0%
Time to Peak Force	3.08 s	23.0%

Compared against professional baseball players from MLB/MiLB

IMTP Metrics vs MLB Pro Average

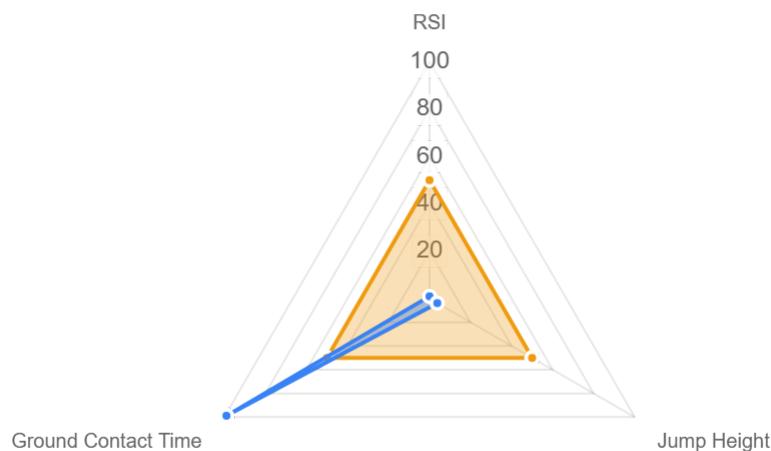


Hop Test

Hop Test Metrics vs Pro Average

Hop Test Metrics vs Pro Average

Garrett Crochet Pro Average



Training Goals & Action Plan

Training Goals

Throw harder

Action Plan

We're gonna increase braking RFD by isometric workouts