

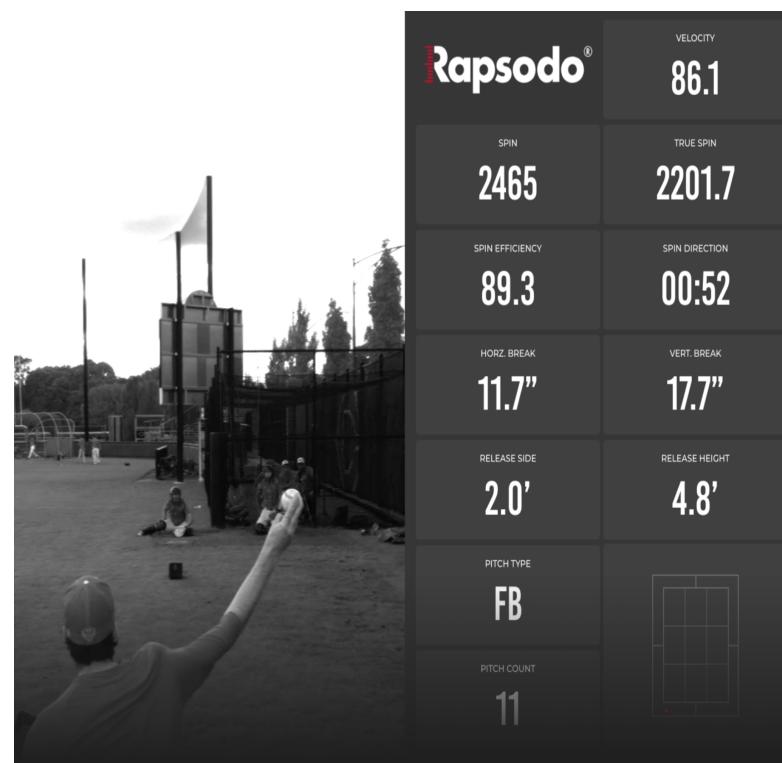
## Fastball:

### **Observations:**

- A live arm creating a high potential fastball with good velocity including a well spun fastball
- I observed all subsequent pitching sessions following this Insight recorded bullpen and it is an inconsistent pitch at the moment
- Velocity sits mid eighties, spin rate 2400-2500, spin efficiency hovers around 85% percent on average (all of his bullpens/live sessions this year)
- Lower spin efficiency contributes to break profiles all over the place and even the most recent session he cannot seem to replicate his fastball well metrics wise

### **What that means:**

- To my knowledge Hogan only has one type of fastball, a 4-seam and he is not attempting to add cut or sinker action on any of these pitches
- That means the best thing for this pitch is to develop its consistency and make it an even more reliable weapon
- His HB profile ranges from 3 to 18 - far too vast
- Insight shows us that he simply gets around the ball with his fingers upon release for some pitches, but is also able to stay right behind the ball and apply more even finger pressure along the ball for other pitches
- To prevent this uneven finger pressure you can offer mental cues for his mind muscle connection in this regard, and also have him clean fuego the pitch
- We want his spin efficiency as close to 100% as possible
- Higher spin efficiency = more desired armside HB/run in this case



## Changeup:

### **Observations:**

- This pitch is quite good already
  - Extremely high spin efficiency which is a major plus because his changeup is a sidespin dominant pitch as opposed to one that creates movement disparity from VB movement
  - Strong and consistent HB numbers
- One of his best pitches for sure and if it can be located well it is a huge asset
- One thing I will say about it is that if he is having a bad/down day in terms of fastball velocity, the gap between his fastball and changeup velocities could dip down to near 5 or 6 mph
- The main negative about this pitch lies in the fact that he drops his arm by about 0.2-0.3 inches to create his effective sidespin, causing a tunneling an issue

### **What that means:**

- He needs to find a way to be able to replace dropping his arm with tilting his wrist in order to still maintain the 2:00 spin direction that causes his effective sidespin
- Up to you on how to create that change, but if he only raises his arm angle he will lose a lot of horizontal movement, so a wrist adjustment/tilt is necessary unless you don't mind the slight drop of the arm that could tip off some elite hitters
- Practice/work that could be put in for killing this pitch's velocity would be adjusting the ball placement within the hand
- Although I would not even consider it worth it because although FB/CH velocity disparity should be 8-12 mph, he usually has strong fastball velocity anyways
- If he could maintain the same consistency on this pitch while just ever so slightly scooting the ball to the right, towards his pinky and ring finger while gripping the pitch, he could kill a few mph on it
- But, like I said, probably not worth the trouble, could cause more issues than help



## Slider:

### **Observations:**

- Gyro pitch with similar velocities to the changeup
- Sits around mid to high seventies velocity wise
- Sits around high 20s low 30s for spin efficiency
- I have a limited sample size of pitches to analyze in terms of video but from the few I watched his slider mechanics out of the hand are quite solid
- Main inconsistency lies within the spin axis(direction) he releases this pitch off of
  - Ranges from 8:40 to 9:20
  - Causes break profile to also have a wider than desired range
- This pitch by classification is a middle ground between a gyro slider and poor sweeper

### **What that means:**

- Not much needs to be done design wise with this pitch all that I can see being beneficial is just standard practice in creating a replicable motion with a consistent release point, wrist angle, and finger placement on the seams
- The only thing I could offer would be that arsenal wise, it would be ideal if he could throw this pitch harder to make it replicate the fastball for longer, and have more speed differential off of the changeup
- At heart a gyro slider is intended to imitate the flight path of a fastball, more so than other types of sliders, so if he could kill all possible spin efficiency, and throw the pitch like a football, he would create a deadly one two slider fastball punch
  - In the process, his changeup effectiveness would skyrocket because of an arsenal relying heavily on two hard pitches, his best asset: changeup would become even deadlier
  - Looking at the progression of the pitching sessions he is already on his way to making this improvement and just needs to stay on course



## Curveball:

### **Observations:**

- To me, his least developed pitch, and at this point in career should probably be the least used
- Unpredictable metrics wise, and from video (may have changed since then) does not come out of the hand in a way that it can be effective on an elite level
  - HB and VB good sometimes, often lackluster as well though
  - Spin efficiency is low, not good either in this case
- Not sure if his grip was tinkered with for a certain reason but I have never seen a high level curveball gripped like that and am not too sure what the purpose of it is
  - If it is a cue thing to get his arm and hand in the right direction then I understand but, other curveball grips are certainly more effective

### **What that means:**

- As it stands now, usage for this pitch could be held to a minimum in my opinion
- However, improving this pitch would obviously add a beneficial layer of depth to the arsenal
  - Can be done through first and foremost a standard curveball grip
  - If he specifically dislikes using one, then I understand, however, when gripped with a finger against the seam, everyone knows that will create a vast amount of topspin as opposed to this hybrid fairly gyro, topspin
  - Not only would it strengthen his mind to finger connection and allow him to feel the pulldown of his middle finger on the seam, it would also just create a superior and more consistent spin/break profile
- Aside from grip, clean fuego and standard practice throwing the pitch would work wonders as well
- The slurvey, slow slider looking curveball that he has right now seems like something that can be seriously improved or forgotten about a little
- The pictures below depict something that looks very fundamentally different than an edgertronic video of a high level curveball

