Jang Jaeyeong

UPLIFT

DAILY BASEBALL HITTING REPORT

16 MAY 2024 - 9 RIGHT-HAND SWINGS ANALYZED

KINEMATIC SEQUENCE

22%

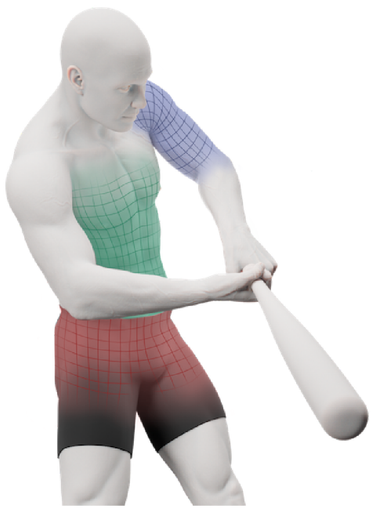
of your swings' kinematic sequence was in the correct order.

Kinematic sequence is a measure of how you transfer energy up from the ground to the ball.

Your most common sequence:

Arm - Pelvis - Trunk

Ideal sequence is **Pelvis - Trunk - Arm**



Average Peak Velocities

Pelvis	Trunk	Arm
579°/s	613°/s	1168°/s
Pro range is 500 - 600°/s	Pro range is 575 - 700°/s	Pro range is 800 - 1000°/s

Speed Gain

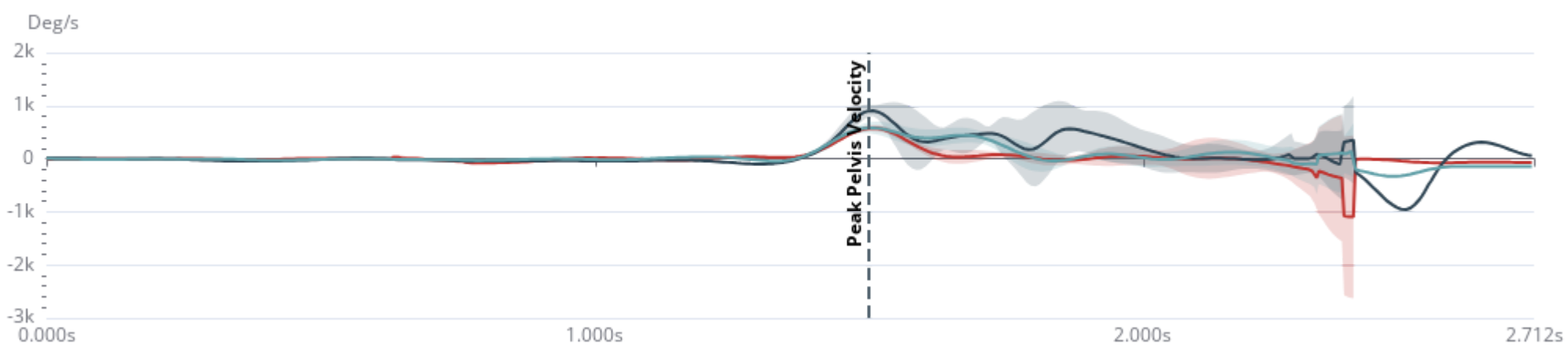
Average speed-up from Pelvis to Torso was

1.06x

Pro range is

1.05x - 1.25x

Velocities Over Time

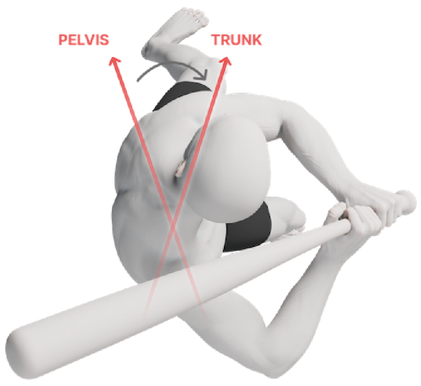


X-FACTOR

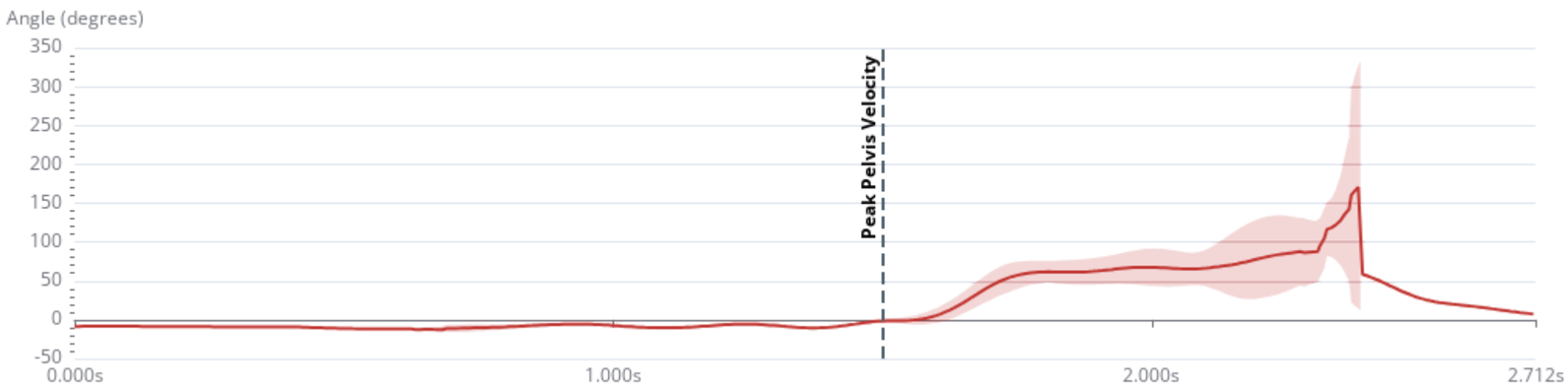
Averaged across all swings, your max X-Factor prior to ball contact was

10°

X-Factor, also known as "stretch", is a measure of the rotation of the trunk with respect to the pelvis.



X-Factor Over Time



LOAD

11%

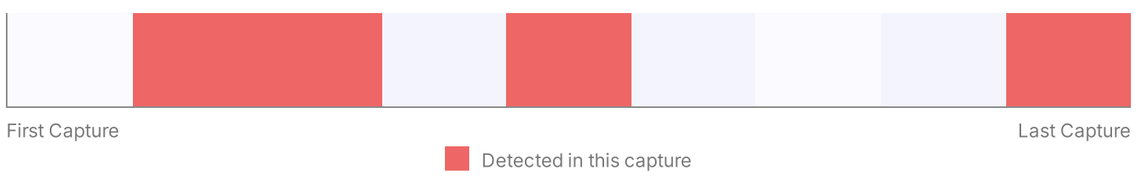
of your swings avoided the below inefficiencies during the load phase.

This phase represents the start of your movement when the hitter starts to gather energy.

Sway

You exhibited Sway (shifting away from the mound during loading) in **44% of your swings.**

Allowing your hips to move towards the mound during your swing can improve your ability to make contact with the ball.



Knee Dominant Loading

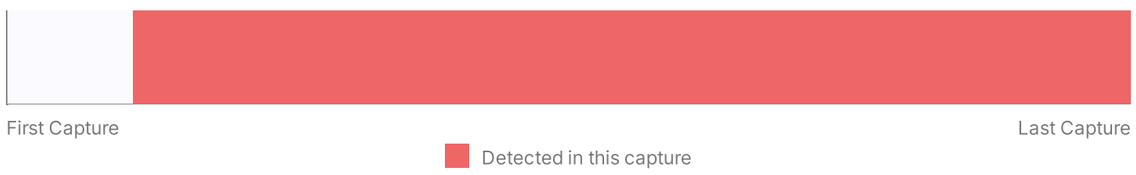
You did not exhibit knee dominant movement strategies in **any of your swings.**

Maintaining a hip dominant strategy when initiating your swing will help you to rotate faster.

Lateral Pelvis Tilt during Load

Your hips did not remain level in **89% of your swings.**

Keeping your hips level throughout the swing can improve transfer of energy from the ground-up.



LAUNCH

0%

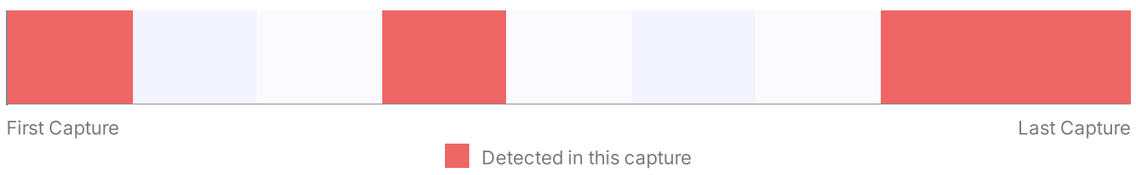
of your swings avoided the below inefficiencies during launch.

Launch is the start of your swing through ball contact. Moving primarily in the transverse plane without energy leaks in the sagittal or frontal plane can improve your rotational velocity.

Vertical Pelvis Motion

Your hips came up in **44% of your swings**

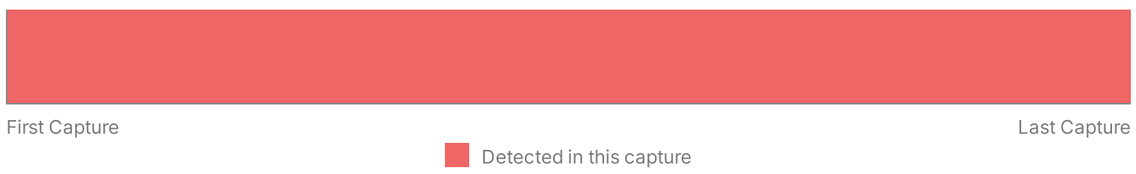
Keeping your hips low during the swing can improve transfer of energy from the ground-up.



Drifting Forward

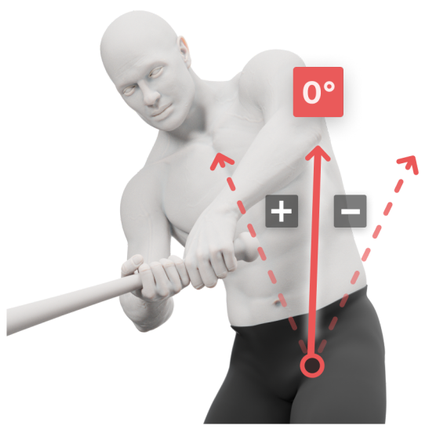
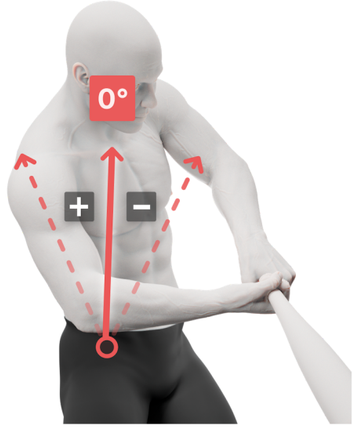
You drifted forward (pelvis continued to move toward the pitcher through ball contact) in **100% of your swings.**

Drifting forward at ball contact results in energy leaks that inhibit your ability to effectively transfer energy from the ground-up.



TRUNK POSITION THROUGH SWING

This position is dependent on ball location and pitch type. Compare these positions between Launch and Ball Contact. Elite hitters maintain angles (front and side bend) from Launch to Ball Contact.

	Lateral Flexion (side bend)	Sagittal Flexion (front bend)
		
At Launch Position	**-3°**	**7°**
At Ball Contact	**-17°**	**-6°**