

# The Hitting Report

Athlete: Pete Durocher

Level: College

Date: 8/27/2024

Handedness: Right

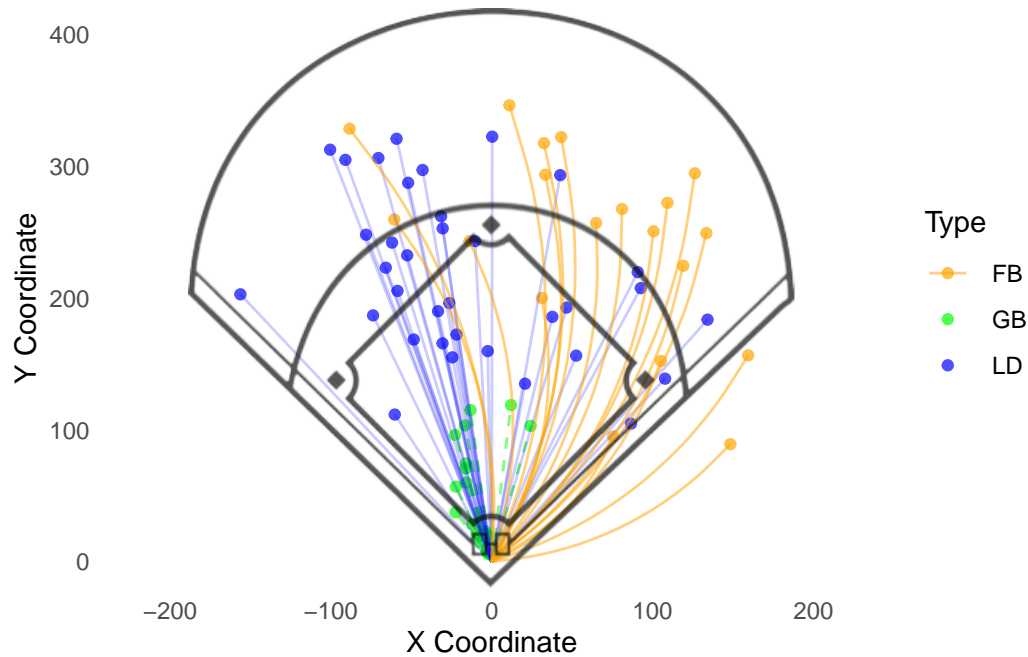


**BASEBALL TRAINING & DEVELOPMENT**

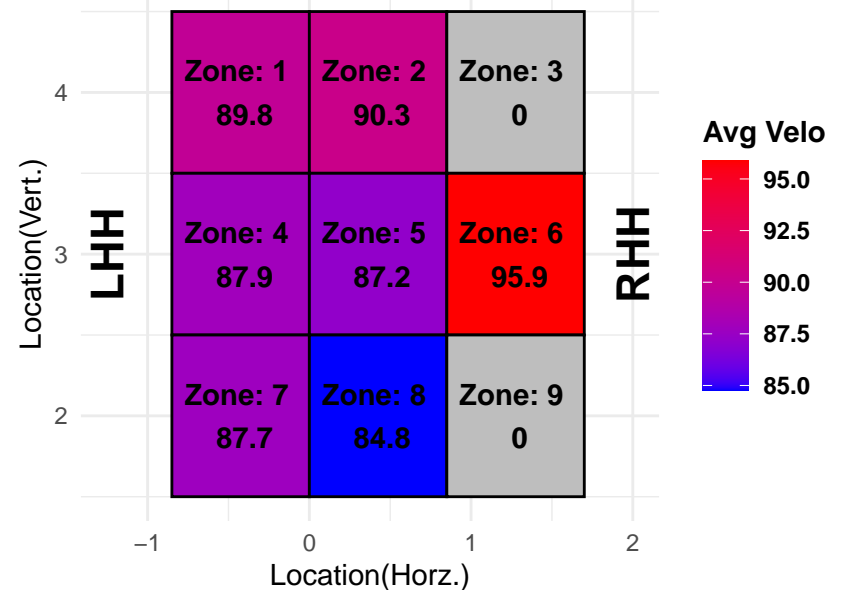
# Hit Trax Data

Pitch Location	AVG Exit Velo	AVG Launch Angle	AVG Distance Travelled	Max Exit Velo	Max Distance Travelled
1	90	-4	74	93	137
2	90	8	155	90	155
4	88	15	187	99	340
5	87	14	188	98	326
6	96	1	71	96	71
7	88	10	161	101	346
8	85	13	162	96	319

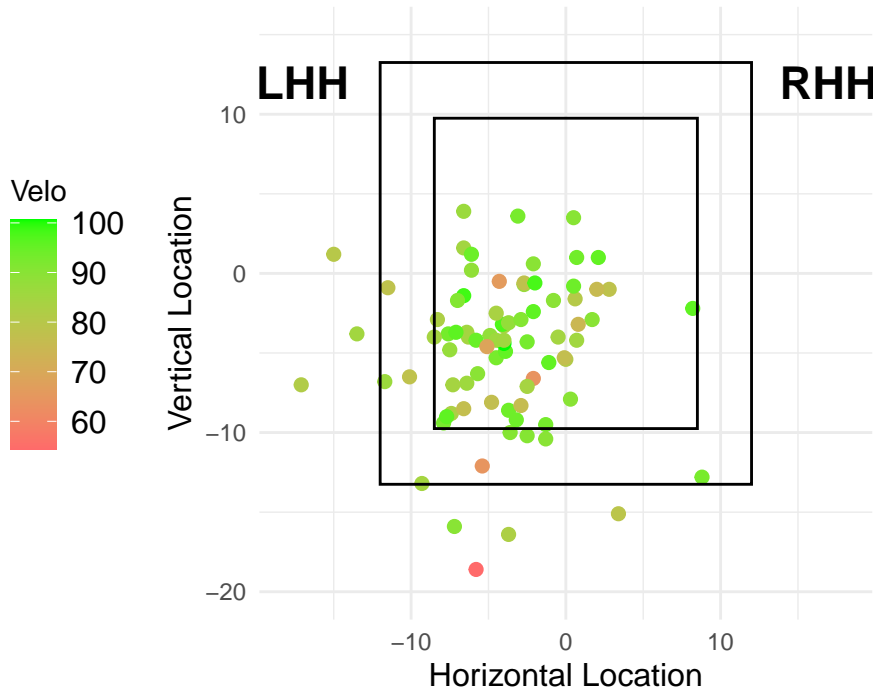
## Baseball Spray Chart



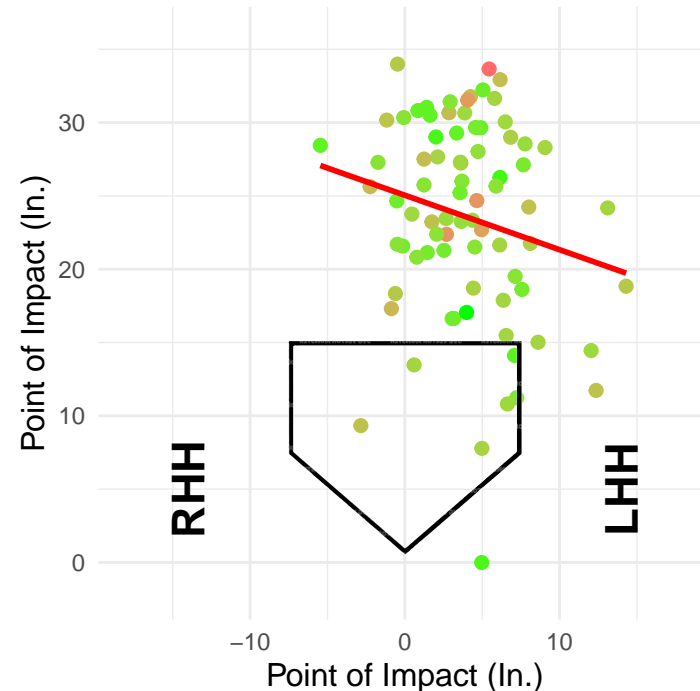
## Strike Zone Colored by Average Exit Velocity



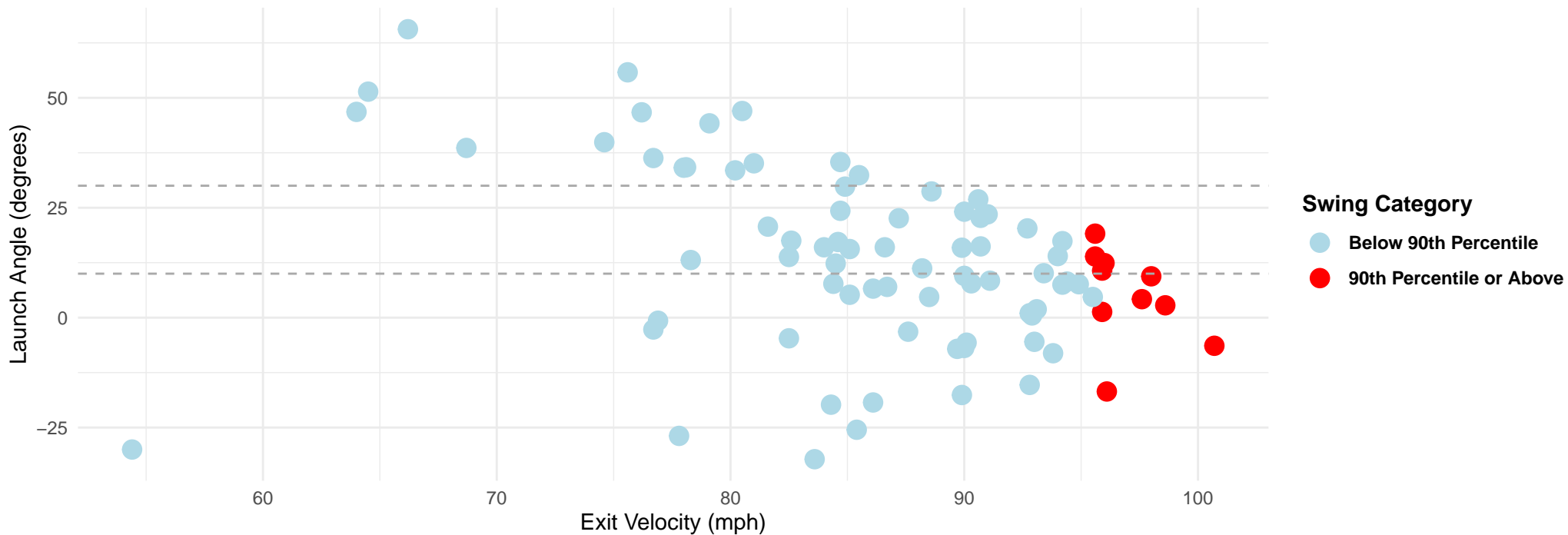
### Exit Velocity by Location



### Point of Impact



### Exit Velocity vs. Launch Angle



## Blast Target Range Table – Your Averages

Categories	You	Major Leagues	Minor Leagues	College	HS Varsity	HS Junior Varsity	Youth
Bat Speed mph	76.34	66 – 78	63 – 75	66 – 75	60 – 70	53 – 67	40 – 62
Rotational Acceleration g	31.20	16.8	12.6	12.9	9.9	9.9	6.8
On Plane Efficiency	72.64	70 – 85	70 – 85	70 – 85	70 – 85	70 – 85	70 – 85
Attack Angle deg	18.04	5 – 15	5 – 15	5 – 15	5 – 15	5 – 15	5 – 15
Early Connection deg	83.12	80 – 105	80 – 105	80 – 105	80 – 105	80 – 105	80 – 105
Connection at Impact deg	74.48	80 – 105	80 – 105	80 – 105	80 – 105	80 – 105	80 – 105
Vertical Bat Angle deg	-14.62	-10 to -40	-10 to -40	-10 to -40	-10 to -40	-10 to -40	-10 to -40
Power kW	6.56	3.7 – 5.7	3.2 – 5.2	3.8 – 5.1	2.8 – 4.1	1.8 – 3.8	0.9 – 3.2
Time to Contact sec	0.11	0.13 – 0.17	0.13 – 0.17	0.14 – 0.16	0.15 – 0.18	0.15 – 0.2	0.16 – 0.23
Peak Hand Speed mph	23.80	23 – 29	22 – 28	21 – 24	19 – 22	19 – 22	19 – 22

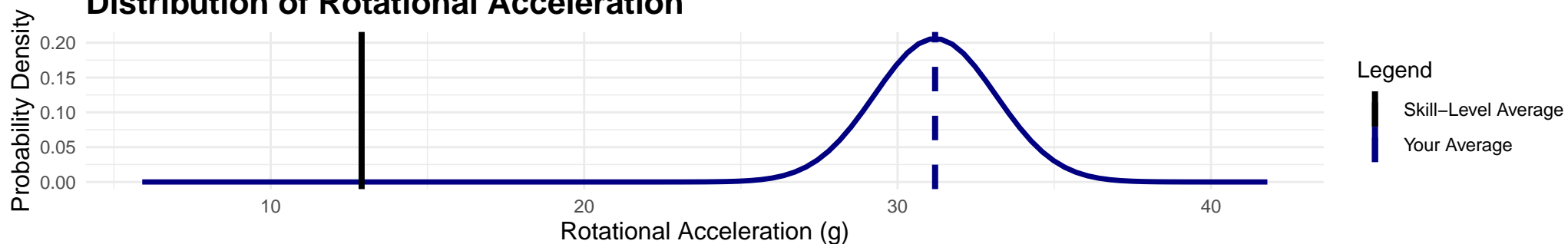


# Rotation (Power)

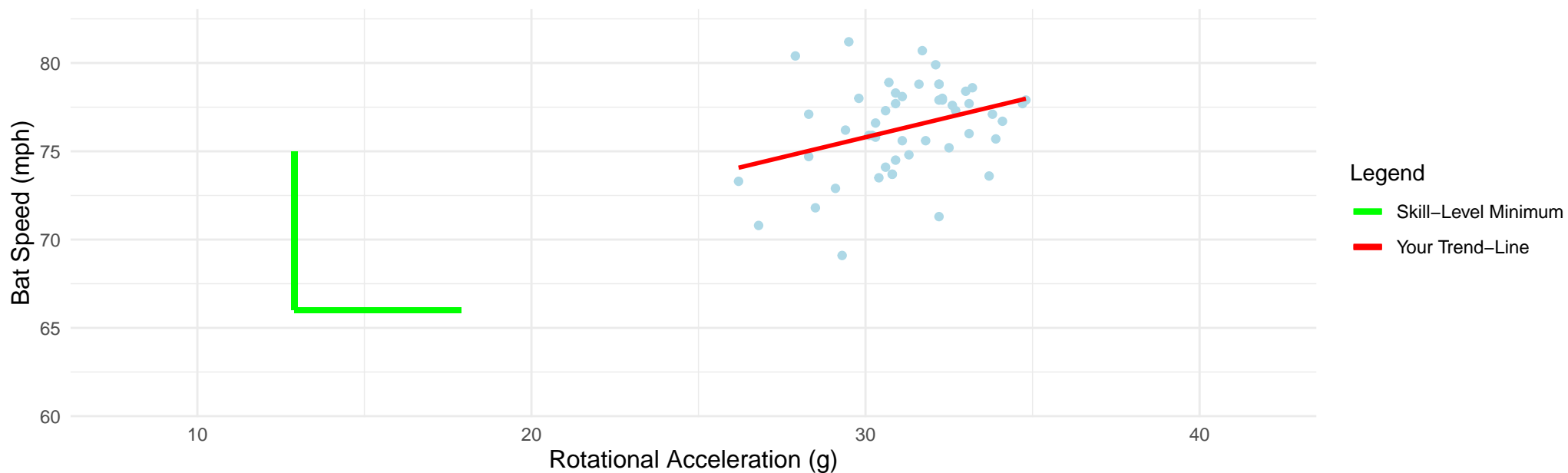
## Distribution of Bat Speed



## Distribution of Rotational Acceleration

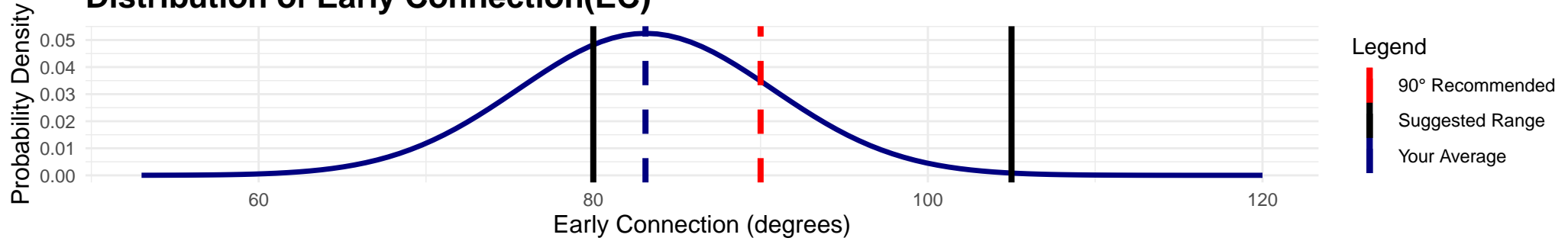


## Bat Speed vs. Rotational Acceleration

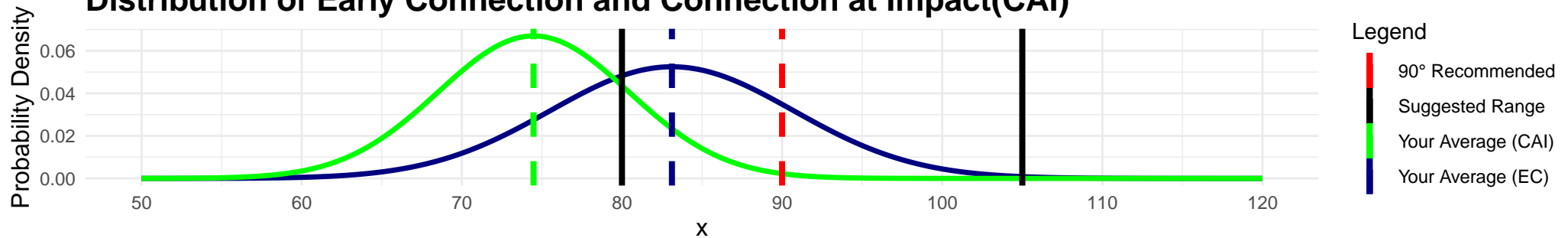


# Plane (Conatct)

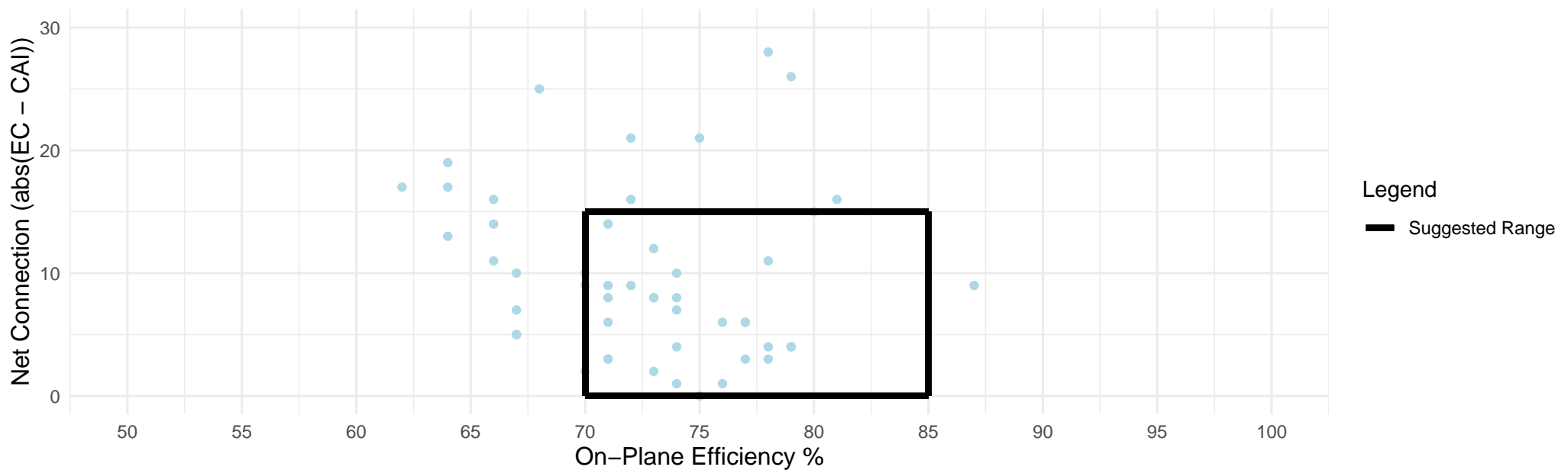
## Distribution of Early Connection(EC)



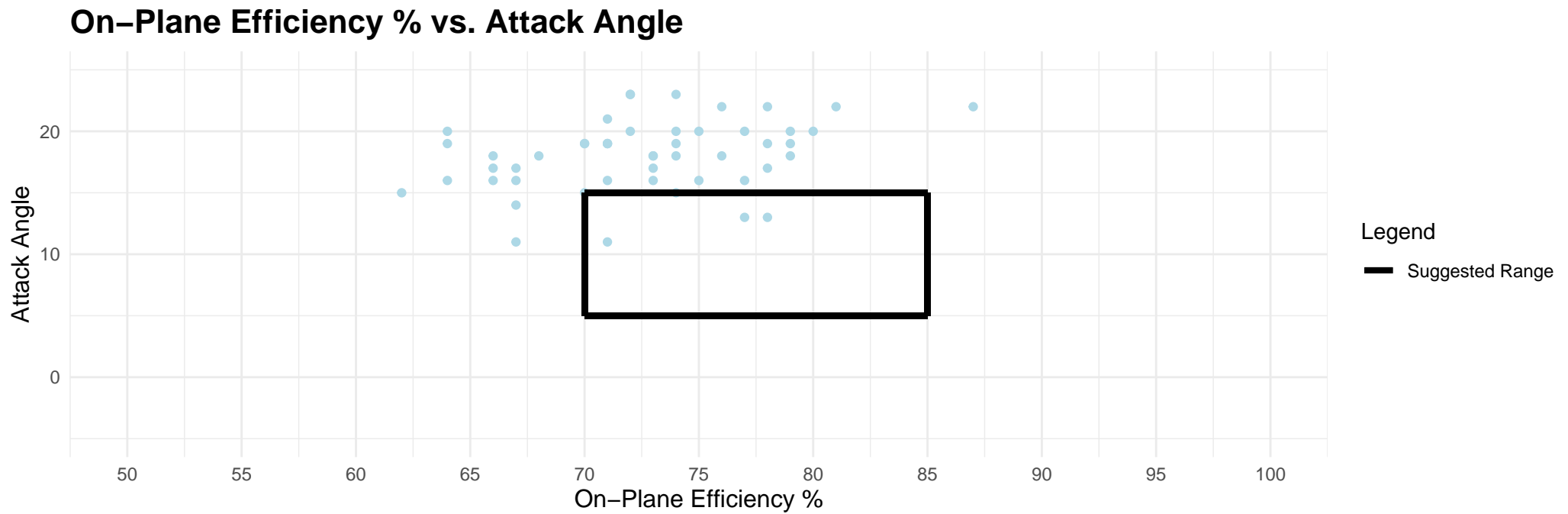
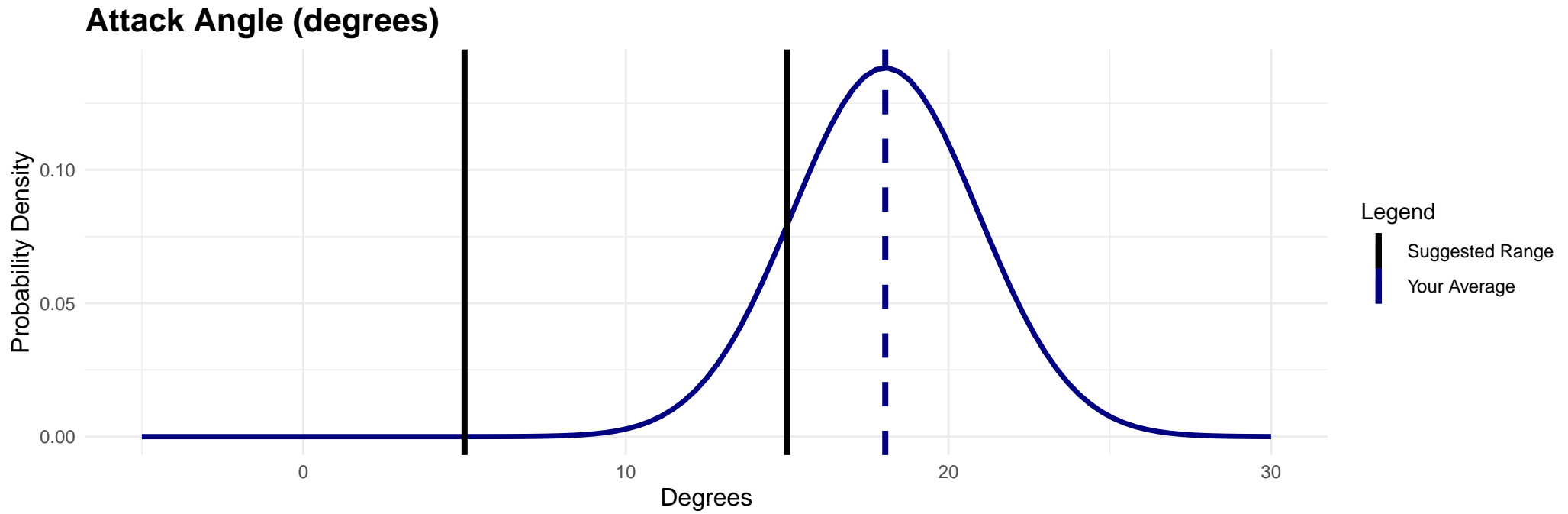
## Distribution of Early Connection and Connection at Impact(CAI)



## On-Plane Efficiency % vs. Net Connection



# Connection (Consistency)



# K-Vest- Pelvis Numbers



Pelvis Bend Numbers	You	Preferred Range
Pelvis Bend at Heel Strike	22.63	25 to 30
Pelvis Bend at First Move	21.75	20 to 35
Pelvis Bend at Contact	-2.70	0 to 4



Pelvis Side Bend Numbers	You	Preferred Range
Pelvis Side Bend at Heel Strike	2.33	5 to 10
Pelvis Side Bend at First Move	2.51	5 to 10
Pelvis Side Bend at Contact	12.94	5 to 10



Pelvis Rotation Numbers	You	Preferred Range
Pelvis Rotation at Heel Strike	-12.05	-30 to -10
Pelvis Rotation at First Move	-9.82	-5 to 5
Pelvis Rotation at Contact	82.79	16 to 90

# K-Vest- Torso Numbers



Torso Bend Numbers	You	Preferred Range
Torso Bend at Heel Strike	38.63	15 to 40
Torso Bend at First Move	37.33	+/- 5 from Heel Strike Position
Torso Bend at Contact	14.46	0



Torso Rotation Numbers	You	Preferred Range
Torso Side Bend at Heel Strike	-0.97	-15 to 0
Torso Side Bend at First Move	-0.33	-5 to 10
Torso Side Bend at Contact	34.01	20 to 45



Torso Rotation Numbers	You	Preferred Range
Torso Rotation at Heel Strike	22.17	-25 to 0
Torso Rotation at First Move	24.87	+/- 5 from Heel Strike Position
Torso Rotation at Contact	106.60	60 to 90

Spinal Integrity Numbers	You	Preferred Number
Spinal Integrity	4.62	0