ARENA ATHLETICS LLC · PLAYER DEVELOPMENT

Player Assessment

Hitting and pitching baseline · Blast Motion · Pocket Radar · high-speed video

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PLAYER	TEAM	ASSESSED	COACH
[redacted]	[redacted]	Sep 28, 2026	Joshua Plourde

Summary. A strong arm and quick hands: a great foundation. His power is already there; he just isn't using all of it yet. Two fixes, a smoother forward move and a firm front leg, will raise both his bat speed and his velocity.

01 Hitting: measured

BAT SPEED — STRENGTH
52.4 mph avg
Peak 53.3 mph. How fast the barrel is moving at contact. More bat speed, harder-hit balls.

PEAK HAND SPEED — CAN IMPROVE
16.8 mph
How fast the hands travel. It climbs as the lower half starts doing more of the work.

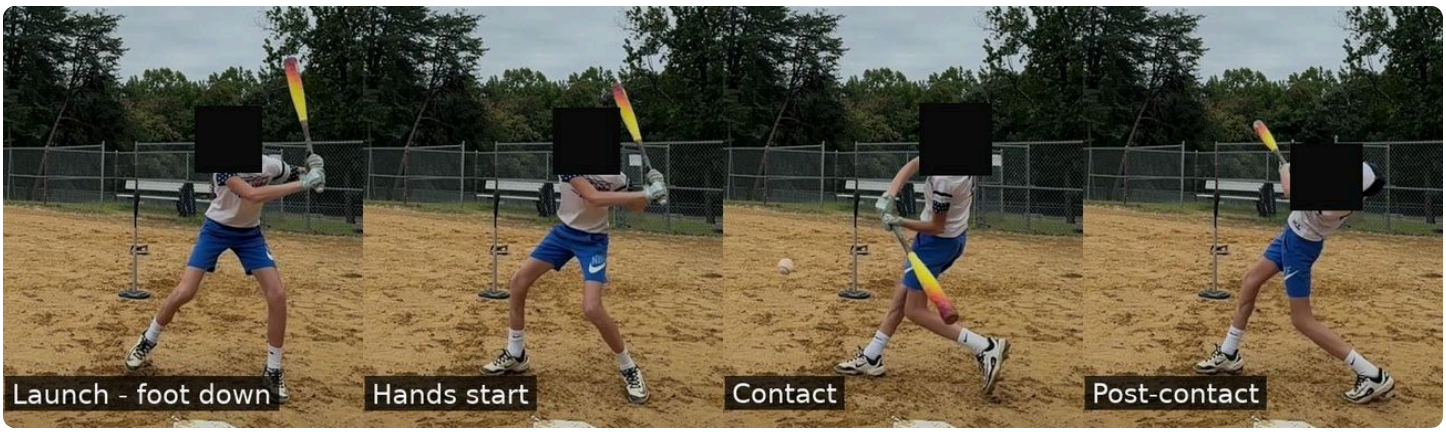
ROTATIONAL ACCELERATION — FOCUS
10.8 g
How quickly the bat gets on plane, in g's. Driven by the body, not the arms. The number a firm front leg moves most.

EXIT VELOCITY — STRENGTH
66 mph peak
How hard the ball comes off the bat, measured by radar off the tee.

VERTICAL BAT ANGLE — STRENGTH
6–18°
The angle the bat travels up through the ball. His is in the ideal line-drive range.

TIME TO CONTACT — STRENGTH
0.17 sec avg
Best 0.15 sec. From swing start to contact. Quicker means he can wait longer and still catch up to velocity.

53.3 mph	51.8 mph	52.8 mph	51.8 mph
Swing 1 · from behind	Swing 2 · side	Swing 3 · front knee at contact	Swing 4 · side



Swing sequence, frame by frame. Every swing is filmed in slow motion and linked in the report.

What's working

Balanced, quiet hands, and a solid swing path. Those are the hardest things to teach, and he already has them.

What we're working on

His front knee stays bent at contact, so his body slides forward instead of turning. A firm front leg is his brake: it turns forward motion into bat speed. He also lands early and waits, losing momentum before the swing starts.

Pitching, drill plan and next steps

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02 Pitching: measured

THROWING VELOCITY — STRENGTH

62–63 mph

Pocket Radar. A strong arm for his age. Arm strength isn't what's holding him back.

ARM TIMING — STRENGTH

On time

Arm in the right spot at foot strike: the most important timing check there is.

FRONT-LEG BLOCK — FOCUS

Leaking

The knee keeps bending after landing, so energy leaks before release. Bracing it adds velocity without extra arm stress.



Delivery broken down at the five checkpoints: arm swing, foot strike, arm cocking, release, follow-through.

03 Drill prescription · next 3–4 weeks

Constraint-based: each setup makes the right movement the easiest one. 3 days a week before throwing, about 25 minutes.

DRILL	SETS × REPS	INTENT	FOCUS CUE
Lasso drill	1 × 6	50–60%	"Let the arm whip, don't steer it."
Rhythm rocker	2 × 6	60–70%	"Hips open, shoulders stay closed."
Step-back slide step	2 × 6	70%	"Let it unfold from the back leg."
Stride to a stop	2 × 8	60–70%	"Land and stop the knee."
Figure eights	2 × 8	70%	"One smooth arm path into release."
Self-toss windup	2 × 6	70–80%	"Stay loose, then go."

Hitting, daily at home (10–15 minutes)

DRILL	REPS	WHAT IT TRAINS
Kershaws	10	Hold the leg lift 2 seconds in the back hip, then stride and swing. A controlled forward move.
Step-back swings	10	Load, then move toward the pitcher in one smooth motion.
Papi's	10	Builds hip-shoulder separation and sequences the swing for more power.
One-hand swings	10 each	Whip the bat instead of pushing it with the arms.

Progression: once he holds a firm front leg on 6 of 8 reps, intent goes up about 10% the next session. Clean reps before hard reps.

04 Where we go from here

WEEKS 1–4

Brace the front leg and smooth the forward move, at medium effort so the pattern sticks.

THEN FULL SPEED

Once it's automatic, intensity comes back up and bat-speed training is added.

RE-TEST, WEEKS 4–6

Same sensor, same radar, same camera angles. Side-by-side numbers and video sent to the family and coach.