

PITCHING SESSION REPORT

Sample Athlete

Session Date 2026-10-06

Session Time 21:15 ~ 21:38

Pitches 53

CONTENTS

01	Session Record	2
01-1	All pitches in 3D(4D Stadium)	2
01-2	Pitcher-view montage	2
01-3	Catcher-view montage	2
01-4	Pitching-form montage	3
01-5	Pitching Motion Trail	3
02	Overall Analysis	4
02-1	Session score	4
02-2	Change vs last session	4
03	Metrics	5
03-1	Velocity Analysis	5
03-2	Command Analysis	5
04	Motion Analysis	6
04-1	Motion Snapshots	6
04-2	Motion Coaching	6
04-3	Motion Metrics	7
05	Video Review	8
05-1	Multi-Angle Review	8
05-2	Overlay Review	9
06	AI Coaching	10
06-1	Strengths	10
06-2	Improve	10
06-3	Recommended drills (next session)	10

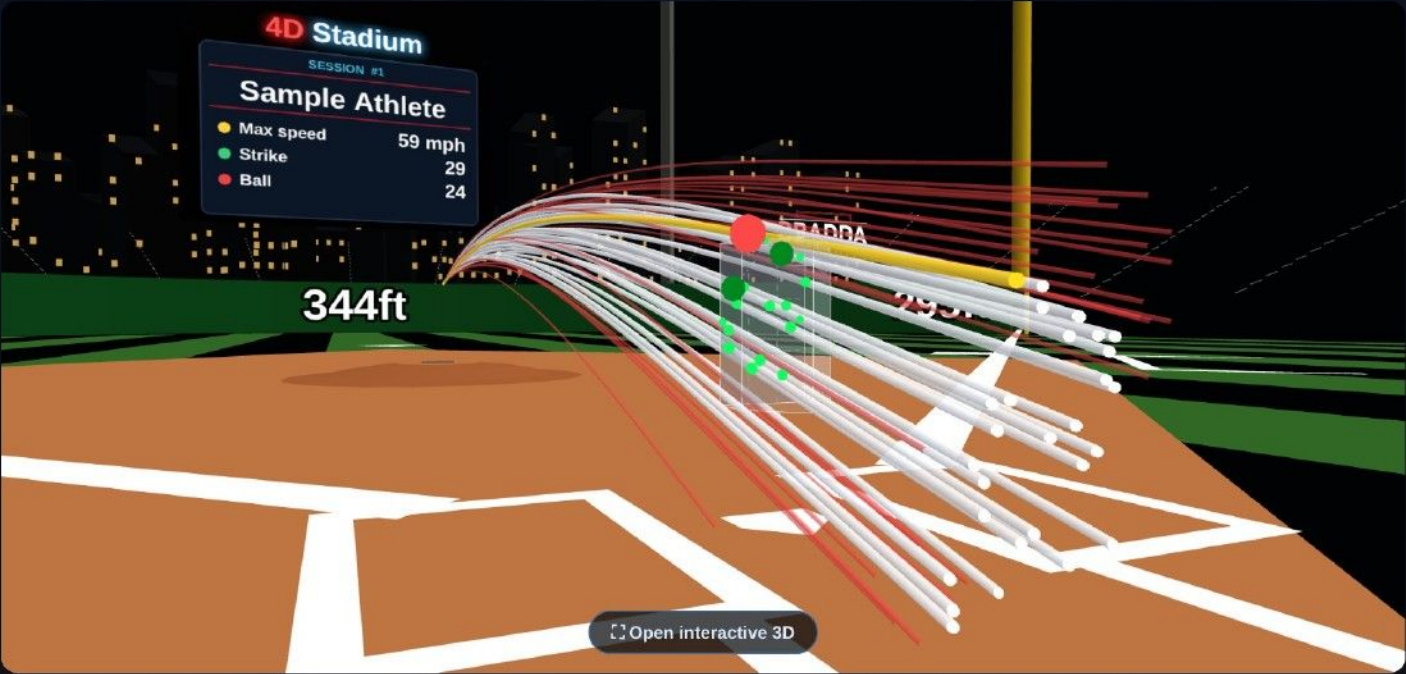


01

STEP 01 · RECORD
Session Record

This session in 3D and real-video tracking

🇸🇬 All pitches in 3D (4D Stadium) 3D



📺 Pitcher-view montage Montage

🔊 Sound on 🍷 Share ⬇ Download



📺 Catcher-view montage Montage

🔊 Sound on 🍷 Share ⬇ Download





Pitching Motion Trail TRAIL

Left view



Right view



02

STEP 02 · OVERALL

Overall Analysis

Session score, key numbers and change vs previous sessions

Total pitches

53

Strike rate

52%

S 31 · B 29

Velocity

VELOCITY

59.3 mph

Max

Avg 54 · Min 48.5 · Dev ±1.8

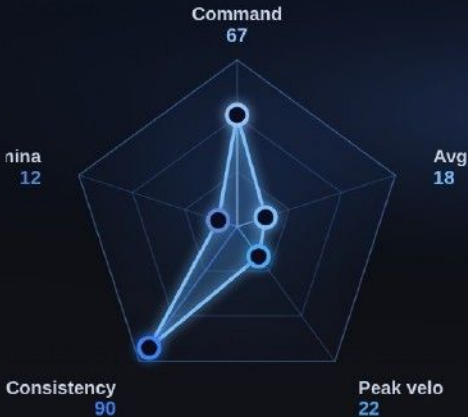
🏆

Session score

SCORE

47

C



Command

9-zone strike rate

67

Avg velo

Session average velocity

18

Peak velo

Session top velocity

22

Consistency

Fastball-band velo spread

90

Stamina

Velocity held on slow pitches

12

📈

Change vs last session

TREND

Overall score

47

▼ -5

Avg speed

54

▼ -3.3

Strike

52%

▲ +2%

Command

67

▲ +3

Avg velo

18

▼ -8

Consistency

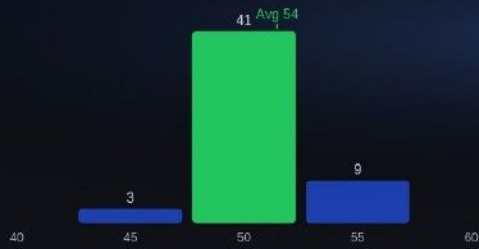
90

▼ -10

Metrics

Velocity, command and release-angle data

⚡ Velocity Analysis VELOCITY

Avg speed 54 mph · Max 59.3 · ± 1.8 mphMax 59.3 Avg 54 Min 48.5 Dev ± 1.8

Session timeline (fatigue / focus)

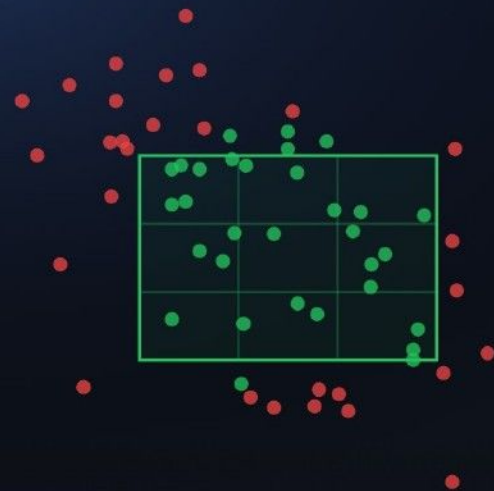


1st-half avg 54.5 2nd-half avg 53.4 Change -1.1 mph Median gap 13s

🎯 Command Analysis CONTROL

Strike rate 52% · S 31 · B 29 · In-zone distribution (26 strikes)

Location scatter

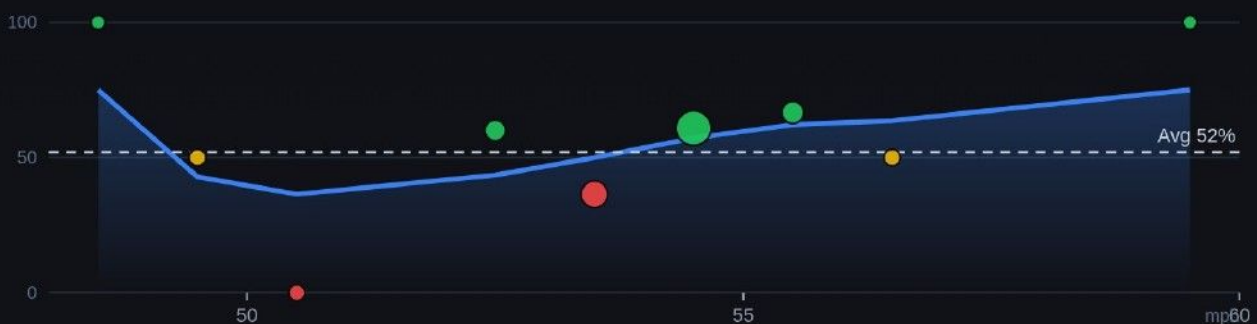


● Strike ● Ball Green box = strike zone

Zone distribution pattern (detail)

▶ Pitches landed fairly evenly across the 9 zones — no single cell is over-used, so command covers a wide area and batters can't sit on a spot.

Strike rate by velocity band

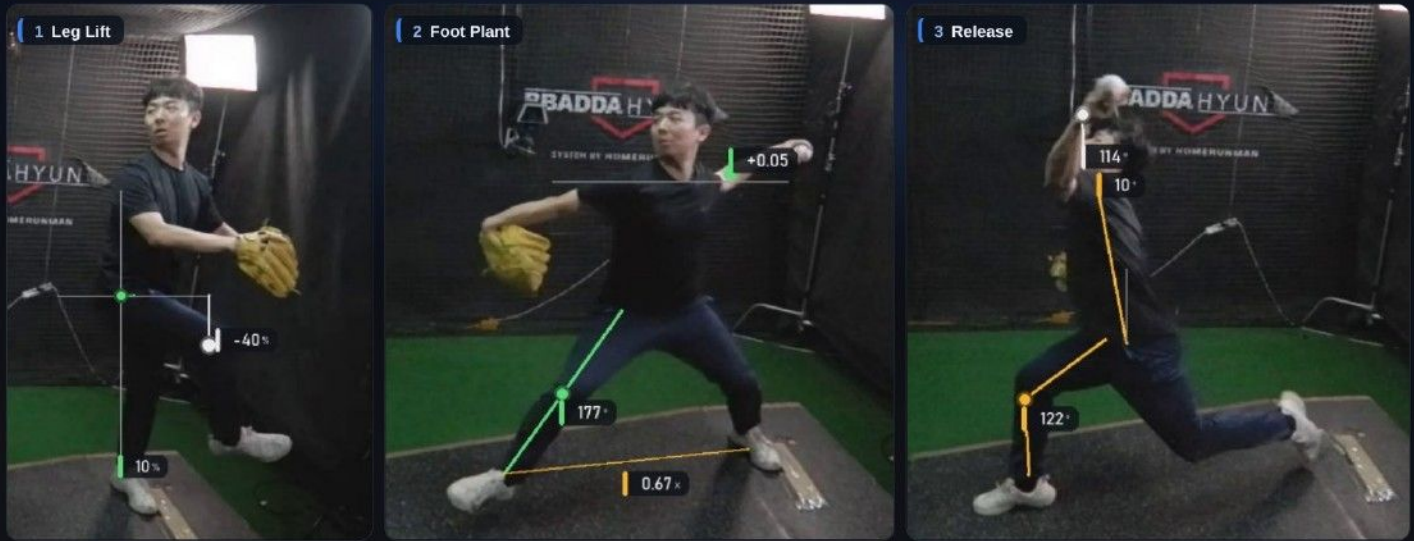


Motion Analysis

Pitching-form phases in numbers — the cause behind the numbers

Motion Snapshots SNAPSHOT

Low mechanical variation (consistent) — the delivery repeats pitch to pitch. The single **representative pitch** below (closest to the session median) stands in for the whole session.

Motion Coaching COACH**Weak front-leg block — the knee bends 52° more at release, leaking lower-half energy****Mechanics coaching — what to fix first, and why**

A short stride (0.67x) leaves too little forward momentum toward the plate. As a result the landed front leg can't hold to release and collapses (knee 175° → 122°, bending 52° more). Unable to post up over the collapsing leg, the trunk stays upright (9°), raising the release and costing downhill angle and velocity. It is a chain in which lower-half energy never reaches the ball.

When he throws, his body weight doesn't shift fully onto the front leg and stays back. That front leg needs to act like a firm post, but without the weight behind it the knee gives way and buckles at the moment of release. A pitch passes power in the order legs → trunk → arm → ball; if that first link — the front leg — collapses, energy leaks out down the chain and velocity is lost. The key is driving the weight out over the front foot and holding the leg straight and firm.

Priority this session ① weight transfer → front-leg block (extend the knee and brace)

Recommended drills

- Front-leg wall drill ×12 — after landing, extend the front knee and carry the torso over the leg to build a firm wall.

✂ Multi-Angle Review POSE REVIEW

Representative pitch (21:23:53, closest to session median) from 6 camera angles — review form, balance, release



Pitching form checklist (for coach)

- ▶ Wind-up: head & torso aligned toward home plate
- ▶ Leg lift: weight gathered stably over the back leg (no sway)
- ▶ Stride: consistent stride length, landing foot pointing at target
- ▶ Release: arm slot (height) consistent every pitch — key to velo & command
- ▶ Finish: torso follows through fully while keeping balance

* This is a visual review from 6 camera still-frames plus a checklist. Automated pose (skeleton) analysis that quantifies joint angles and weight transfer is possible by adding a pose-estimation model to the pipeline (roadmap).

56 mph vs 50.2 mph



👍 Best pitch

Speed	56 mph
Call	Strike
Location	L/R 0.3 / U/D -0.6

⚠️ Weakest pitch

Speed	50.2 mph
Call	Ball
Location	L/R -4.3 / U/D 1.5



AI coaching notes COACHING

Strengths

- Threw at an average of **54 mph**, topping out at **59.3 mph**.
- Fastball-band velocity is consistent at ± 1.4 mph (CV 2.6%).
- Location is **spread evenly across all 9 zones** — wide command that hitters can't sit on.
- Command holds even on the fastest pitches (top-velocity strike rate **61%**).
- The elbow reaches shoulder height by foot plant — good arm timing.

Improve

- **PRIORITY** There's room to build average velocity. Raising velo through lower-half drive & weight shift is the next goal.
- At release the front knee bends **52° more than at foot plant** (175° → 122°). The lead leg isn't bracing, so lower-half energy leaks instead of feeding velocity.
- Stride is **short at 0.71** of body height (target 0.85–1.1). A short stride cuts lower-half drive, so weight shift doesn't turn into velocity.
- At release the front knee is **bent at 122°** (not extending). Without a firm lead leg the rotation axis collapses and power leaks.

Recommended drills (next session)

- Lower-half drive + long toss: add weight shift & arm acceleration to build velocity.
- Knee-extension throws ×15: after foot plant, straighten the front knee (block) and let the torso ride over the lead leg.
- Power-stride drill ×10: mark the target stride with a line/step-box and repeat landing stably on that spot.