

ATHLETES HQ

BASEBALL AND SOFTBALL TRAINING

Evaluation Process

Step 1: OnBase University Movement Screen (Hitting and Pitching)

OnBase University is an organization dedicated to studying how the body moves in the sports of baseball and softball and how to assess an athlete's physical ability to perform these movement patterns. As OnBase University certified professionals, we do not believe there is only one technically correct way to play baseball or softball. We believe there are an infinite number of ways to play the game. But we do believe that there is one efficient way for every athlete to play and it is based on what they can physically do. In other words, we try to match an athlete's physical abilities to their technical skills.

Step 2: Video Capture (Hitting and Pitching)

After the completion of the OnBase University movement screen, we then film the athlete. To accurately identify any potential issues, we capture film from different camera angles. We utilize applications such as Right View Pro and Hudl Technique to then analyze the athlete at different key positions or movements during the swing and pitching delivery.

Step 3: K-Baseball 3-D Motion Capture (Hitting)

K-COACH Baseball, By K-Motion is a body and swing analyzer that allows us to have a better understanding of how an athlete moves. Using motion sensor technology, we record, measure, and analyze their swing. The data collected helps us train athletes more efficiently and effectively.

