# Pitching Rapsodo Report : DREAM Team Training

At DREAM Team Baseball, we use Rapsodo because it helps to assess & refine (with the help of a coach or instructor) technique of youth hitters and pitchers; it's often said that it's "better to assess than guess" and Rapsodo provides intuitive, real-time measurements to help build better technique. Rapsodo is used by all 30 MLB teams and found at more than 1,200 colleges and facilities across the United States and DREAM Team is proud to be one of a handful of youth organizations in the Dallas-Fort Worth area that offers this cutting edge technology to our players!

The Rapsodo Hit Tracking software (similar to a golf swing simulator) helps measure their swing outcomes & allows our instructors to fine tune their swing mechanics!

Hitting Metrics that we'll focus on with the Rapsodo:

*Hard hit %-consistent contact

*Launch angle-measures line drives vs. hitting ground balls

*Direction-ideally you want to hit balls from gap to gap

*Volume of hits-you want them gap to gap

*Hit classifications-for fun

*Launch angle by exit direction-are they hitting line drives to both sides of the field?

Pitching Metrics that we'll focus on with the Rapsodo:

*Location, location, location: Know exactly where each pitch lands in or out of the strike zone & how to hit your spots.

*Analyze your pitching mechanics rep after rep in slow motion with immediate video feedback and Rapsodo data overlay.

*Understand pitching movement (aka pitch tunneling): Get release point and ball flight comparisons for different pitches.

*Understand Pitch Design as it relates to certain pitch grips which makes the pitcher more confident in understanding how pitch grips affect movement and pitch outcomes.

RapScore uses Rapsodo's existing HITTING and PITCHING technology to quantify a player's personal metrics, and utilizes the principles of the 20-80 scale to rank players amongst their peers and evaluate performance. RapScore's pitching algorithm compares an individual's pitch metrics to the ideal form of that pitch type. At the end of the session, a player's RapScore is calculated based on dynamic weighing of the pitches thrown. Hitting RapScore is determined using a player's max and average exit velocity as well as launch angle throughout a certified session. These session metrics are compared by the athlete's level and accurately placed on the 20-80 scale.

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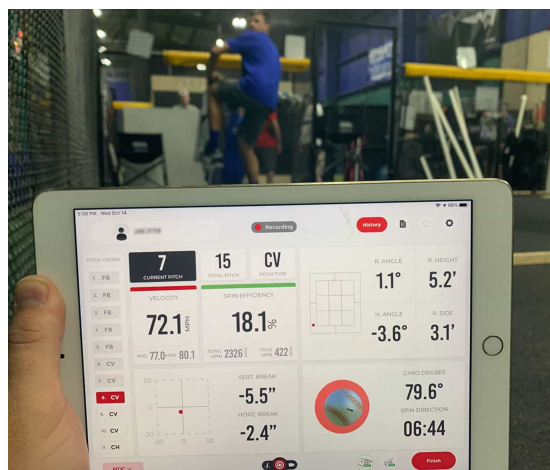


Players that complete the RapScore test will have their score listed on the National Player Database and receive the videos from their RapScore session. Additionally, they will get a PDF report that shows their RapScore along with performance breakdowns for each data point. The RapScore Recruiting Package can easily be shared with college coaches and scouts. RapScore is a quantifiable player development and evaluation tool that can be used to track player performance over time. It takes a player's raw data and shows their strengths and weaknesses as well as how they rank against their peers.



If your player doesn't have a RapScore yet, we simply have to get them more reps on the Rapsodo for that score to be populated. Our goal is to continue to work with your player to build up their RapScore amongst their peers through hands-on Training. We are offering Winter Training as well as Add-On Courses this Winter to help players improve!

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## DREAM Team's Pitch Grader (using Rapsodo's data)

Pitch Grading is used by DREAM Team Staff to help "assess and not guess" at whether a certain type of pitch was thrown correctly and is an effective pitch. The outcome of the Spin Direction, Movement, and Spin Rate as well as Velocity all help inform and quantify the pitch effectiveness. The first pitch that a developing pitcher must master is a 4-Seam Fastball. It starts with the correct pitch grip, their wrist and hand position at pitch release, and of course their pitching mechanics to throw with velocity in a 4-seam Spin Direction.

How to throw a fastball?

In pitching, everything comes off the fastball and establishing it should be the first thing every pitcher does. It is necessary to establish it early, and make sure that all secondary pitches work away from the fastball and result in different breaks and movement (preferably both horizontally and vertically).

4-Seam Fastball

Every pitch is unique.  But the most amazing thing about data is that it doesn't matter who throws the ball. Whether it's a major leaguer or a high school pitcher, at a given velo, spin-efficiency and spin-axis the ball will break a certain way.  Period and end of story.

The 4-seam fastball is your foundation, so you must get it right.  You can see above how a properly thrown fastball (from righty to righty) is generally up and in.

Here is a quick summary of what we like at DREAM Team, and don't like, to see in a 4-seam:

*What we like to see:*

- A spin efficiency over 75% (preferably 80%+)

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- Movement to be arm-side
- Same release point each pitch
- No specific spin axis (because pitchers use different arm slots)
- Relatively consistent spin axis from pitch-to-pitch
- Good command around the zone
- Hardest pitch in your arsenal

Below is a table of your player's recent Pitching Rapsodo Session:

Scores: 1-100 (5 Categories: Each Worth Scale 1-20 Points)

| Player ID: | | | 20 pts | 20 pts | 20 pts | 20 pts | 20 pts |
|---|---|---|---|---|---|---|---|
| Player Name: | John Doe | | | | | | |
| | | | Percentage | Spin Direction | Horizontal Break | Vertical Break | Velocity |
| No | Date | Video Url | Spin Efficiency (75%+) | LHP: 10 to 12 RHP: 12 to 2 | Horizontal Break (inches) | Vertical Break (inches) | Avg. Velocity |
| 1 | October 27th | https://cloud.rapsodo.com/v2/shotVideo/6b32f62e-680f-45f7-849d-e9939cdd2a86.mp4 | 82.7 | 1:43 | 3.4 | 2.9 | 50.1 |

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Pitching Rapsodo Report PDF (based on the above session) link: Google.drive.link