

CONFIDENTIAL SAMPLE | FICTIONAL ATHLETE | FOR DEMONSTRATION ONLY

# MAJOR LEAGUE BUILT

## IN-PERSON PLAYER EVALUATION

HITTING MECHANICS | LIVE INSTRUCTIONAL ASSESSMENT

FICTIONAL SAMPLE

|                    |                       |                    |
|--------------------|-----------------------|--------------------|
| 60 MIN             | LIVE                  | 2 BUSINESS DAYS    |
| ONE SELECTED SKILL | BASELINE + ADJUSTMENT | WRITTEN TURNAROUND |

### WHAT STANDS OUT

In this fictional example, the player responds to a simple cue and produces a more centered move in controlled swings. The first priority is to organize the move forward so he can preserve posture, direction, and timing as effort increases.

|                            |                                                                 |
|----------------------------|-----------------------------------------------------------------|
| ATHLETE                    | Sample Athlete 01 (fictional)                                   |
| EVALUATOR                  | Donzell McDonald   Development coach and professional evaluator |
| REPORT ID                  | SAMPLE-EVAL-HIT-001   Version 2                                 |
| ASSESSMENT                 | In-person   Hitting Mechanics   One selected skill              |
| OBSERVED STRENGTH          | Applies a simple cue in controlled swings                       |
| FIRST DEVELOPMENT PRIORITY | Organize the move forward and preserve direction                |

This sample shows the structure of a live instructional assessment. It does not represent a real athlete, completed session, private performance data, or actual outcome.

CONFIDENTIAL SAMPLE | FICTIONAL ATHLETE | FOR DEMONSTRATION ONLY

# What the session shows

A live evaluation starts with the player's current action, tests one appropriate adjustment, and records a re-test for review. The read comes from the full session rather than one swing. The sequence below illustrates that process using a fictional example.

## 60-minute session timeline

|                |          |                                                        |
|----------------|----------|--------------------------------------------------------|
| 01   0-10 MIN  | Baseline | Clarify the question and record uncoached swings.      |
| 02   10-25 MIN | Observe  | Compare the action across controlled repetitions.      |
| 03   25-45 MIN | Adjust   | Test one cue or constraint and watch the response.     |
| 04   45-60 MIN | Re-test  | Record updated swings and identify what to watch next. |

## Baseline, adjustment, and re-test

|                      |                             |                                                                                   |                     |
|----------------------|-----------------------------|-----------------------------------------------------------------------------------|---------------------|
| BASELINE   CLIP 01   | Early move forward          | The lower half starts forward early as tempo increases.                           | CONTROLLED PRACTICE |
| ADJUSTMENT   CLIP 02 | More centered move          | Direction improves when tempo is controlled and the chest stays centered longer.  | CONTROLLED PRACTICE |
| RE-TEST   CLIP 03    | Adjustment needs repetition | The change appears in controlled swings but becomes less stable at higher effort. | CONTROLLED PRACTICE |

## How to read these observations

In this fictional example, the pattern repeats across usable controlled swings. It still needs to be checked as demands increase and in games. Information reported by the player should be identified separately. Practice swings show the action in this setting; games are needed to assess how it holds up in competition.

## Strengths to protect

|                          |                                                                                                         |
|--------------------------|---------------------------------------------------------------------------------------------------------|
| Response to a simple cue | The player produces a more centered move after a timing cue while maintaining intent through the swing. |
| Middle-field intent      | The player keeps a clear middle-field purpose. Preserve that intent while improving the move forward.   |

## WHAT THIS EVALUATION PROVIDES

A focused read on the selected skill, what works in the session, and one first development priority. It includes an immediate practice focus. It does not provide a complete player profile, full drill program, or medical assessment.

CONFIDENTIAL SAMPLE | FICTIONAL ATHLETE | FOR DEMONSTRATION ONLY

# What should develop first

Organize the move forward. The two supporting observations below explain why this is the first priority and what to watch as the player works on it.

## FIRST PRIORITY | Organize the move forward

|                       |                                                                                                                                                     |
|-----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| WHAT THE SWINGS SHOW  | As pace increases, the player starts forward before the lower half is organized.                                                                    |
| WHY THIS COMES FIRST  | In these swings, the rushed move is followed by an upper-body recovery that makes posture, direction, and timing harder to repeat.                  |
| DEVELOPMENT DIRECTION | Build a controlled move into the front side. Preserve the player's middle-field intent while helping him arrive on time with balance and direction. |

## SUPPORTING OBSERVATION 1

Space through rotation

### WHAT THE SWINGS SHOW

When the front side opens early, the hands work around the torso and the contact position shifts.

### HOW IT CONNECTS

The barrel has less room to enter and stay through the hitting zone. As the move forward improves, watch whether the player also maintains torso position and room for the hands. Keep this connected to the first priority.

## SUPPORTING OBSERVATION 2

Stability as effort increases

### WHAT THE SWINGS SHOW

The adjustment appears in controlled swings but becomes less stable as effort rises.

### HOW IT CONNECTS

The player can produce the change in this setting. The next step is to repeat it with greater effort while retaining balance and direction. This practice progression does not establish game transfer.

## IMMEDIATE PRACTICE FOCUS

Keep a middle-field approach and finish each swing balanced. If the move becomes rushed or the chest pulls away, reduce the effort, reset the tempo, and repeat. Watch whether the more centered move holds as effort increases. Later, game at-bats are needed to see how the adjustment holds up against changing speeds and locations.

This evaluation does not include a full drill program. Individualized drills, volume, success criteria, and progressions are separate scope through a Development Blueprint or ongoing coaching. Confirm fit and availability before purchasing additional support.

CONFIDENTIAL SAMPLE | FICTIONAL ATHLETE | FOR DEMONSTRATION ONLY

## Choose the next step

The evaluation gives the player a first priority and an immediate practice focus. It is useful on its own. Additional support depends on the work the player needs and wants.

### RECOMMENDED FOR THIS FICTIONAL EXAMPLE | ONGOING COACHING

The adjustment appears in controlled swings but becomes less stable as effort increases. Follow-up coaching would allow the player to work on the same priority with live feedback and review how consistently the change holds over time.

|                |                              |                                                                                                                                       |
|----------------|------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|
| <b>PATH 01</b> | <b>Use the evaluation</b>    | Share the first priority and practice focus with the player's current coach. No additional purchase is required.                      |
| <b>PATH 02</b> | <b>Development Blueprint</b> | A separate purchased plan can define drills, volume, success criteria, and progression. Confirm fit and availability before purchase. |
| <b>PATH 03</b> | <b>Ongoing coaching</b>      | Work on the first priority with live feedback, continued observation, and reassessment over time.                                     |

### What this evaluation covers

- This fictional sample illustrates one 60-minute Hitting Mechanics assessment in a controlled training setting.
- Findings in an actual evaluation apply to the selected skill and the work reviewed during the session.
- Controlled swings do not establish complete game performance, baseball instincts, player makeup, a future role or level, or future results.
- The evaluation does not diagnose injury or replace an appropriate licensed professional.
- No recruiting, roster, scholarship, advancement, or performance outcome is guaranteed.

### Delivery standard

The written evaluation is delivered within 2 business days after the session is completed and all required materials are available.

### Privacy standard

Footage and reports are not reused publicly without separate permission. Guardian consent is required when applicable.

### EVALUATOR SIGNOFF

Donzell McDonald | Major League Built Development Training  
donzellmcdonald21@gmail.com | Sample report version 2