



MAJOR LEAGUE BUILT

IN-PERSON PLAYER EVALUATION

HITTING MECHANICS | LIVE INSTRUCTIONAL ASSESSMENT

FICTIONAL SAMPLE

60 MIN ONE SELECTED SKILL	LIVE BASELINE + ADJUSTMENT	2 DAYS WRITTEN TURNAROUND
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EXECUTIVE TAKEAWAY

The player shows the ability to make a useful adjustment in controlled work. The clearest opportunity is organizing the move forward so posture, direction, and timing remain available as intent 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
PRIMARY STRENGTH	Adjustability under a clear, simple cue
PRIMARY PRIORITY	Organize the move forward and preserve direction

This sample demonstrates the structure of a live instructional assessment. No real athlete, session, private performance data, or outcome is represented.

Live session evidence

The session establishes a baseline, tests one appropriate adjustment, and records a re-test for post-session analysis. Findings are based on the full session rather than a single swing.

60-minute session timeline

01 0-10	02 10-25	03 25-45	04 45-60
Baseline Clarify the question and record uncoached swings.	Observe Compare patterns across controlled repetitions.	Adjust Test one cue or constraint and observe response.	Re-test Capture updated swings and define the next question.

Evidence sequence

BASELINE CLIP 01 Early forward move Lower half begins forward early as tempo increases. MODERATE	ADJUSTMENT CLIP 02 Centered move Direction improves when tempo is controlled and the chest stays centered longer. MODERATE	RE-TEST CLIP 03 Adjustment present The change appears in controlled practice but declines at higher intent. MODERATE
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Confidence guide

Moderate: the pattern repeated across usable session evidence. Context only: player-reported information that was not independently verified.

Strengths to protect

Adjustability Responds to a simple timing cue and can produce a more centered move without losing intent.	Competitive intent Attacks the middle of the field and maintains a clear purpose through the swing.
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EVALUATION BOUNDARY

This is not a quick-fix lesson, complete scouting report, medical assessment, or drill program. It identifies the clearest evidence-supported priorities and one immediate practice focus.

Development priorities

The priorities below are ordered by their effect on repeatability and the player's response during the session.

1

Organize the move forward

OBSERVED

As pace increases, the player commits forward before the lower half is organized.

WHY IT MATTERS

The rushed transfer forces the upper body to recover late and reduces access to posture and timing.

DEVELOPMENT DIRECTION

Build a controlled move into the front side so the player can arrive on time without giving away posture or direction.

2

Maintain space through rotation

OBSERVED

When the front side opens early, the hands work around the torso and contact moves away from the strongest window.

WHY IT MATTERS

The barrel has less room to enter and remain through the hitting zone.

DEVELOPMENT DIRECTION

Preserve torso position and hand space long enough for the barrel to enter on a cleaner path.

3

Carry the adjustment into higher intent

OBSERVED

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

WHY IT MATTERS

The ability is present, but repeatability has not yet been established.

DEVELOPMENT DIRECTION

Progress from controlled quality to game-speed intent only after the improved sequence repeats without losing balance or direction.

IMMEDIATE PRACTICE FOCUS

Use a middle-field approach and finish each swing balanced. If the move becomes rushed or the chest pulls away from the hitting window, lower the effort, reset the tempo, and repeat the same intent.

No full drill program is included. Individualized drills, volume, success criteria, and progressions belong in a Development Blueprint or ongoing coaching relationship.

Recommended next path

The evaluation is complete and useful on its own. The next step depends on the level of support the player wants.

RECOMMENDED FOR THIS SAMPLE | ONGOING COACHING

The player can produce the adjustment in controlled work, but it becomes less stable as intent rises. Live follow-up provides the clearest way to observe, adjust, and reassess repeatability over time.

PATH 01

Use the evaluation

Share the priorities with an existing coach. No additional purchase is required.

PATH 02

Development Blueprint

Add individualized drills, volume, success criteria, progression, and reassessment structure.

PATH 03

Ongoing coaching

Apply the priorities with live feedback and continued observation.

Evidence and limitations

- This sample represents one 60-minute Hitting Mechanics assessment in a controlled training setting.
- Findings apply only to the selected skill and evidence reviewed during the session.
- Controlled practice does not establish complete game performance, instincts, projection, 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

Written evaluation delivered within 2 business days after the completed session and required materials are available.

Privacy standard

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

EVALUATOR SIGNOFF

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