

Video Assessment Worksheet

ASSESS BEFORE YOU INSTRUCT · FIND THE PRIORITY, NOT TEN FAULTS



HITTER

AGE / LEVEL / SPORT

DATE FILMED

GAME CONTEXT / GOAL

FILMING SETUP (SAME EVERY TIME)

- ☐ Side view and behind view
- ☐ Normal speed plus slow motion
- ☐ 5 tee or front-toss swings + 5 live or mixed
- ☐ About hip height, about 10 feet away
- ☐ Whole body and bat through the finish
- ☐ Same spots and settings as last time

SWING CHECKPOINTS · SCORE EACH 0, 1 OR 2

CHECKPOINT	SCORE	WHAT I SEE
Stance / ready position		
Gather		
Directionally sound load		
Launch position		
The bump		
Letting go of the arrow (the launch)		
Barrel approach (above and inside)		
Contact & hand placement		
Extension		
Finish		

Look for Mechanically Advantaged Angles (MAA) at launch and contact: the positions that let a hitter create force and adjust. The first checkpoint that breaks is usually where to start, because everything after it is a reaction.

Diagnose and Plan

SYMPTOM › CHECKPOINT › ROOT CAUSE › CORRECTION › CUE › DRILL › REASSESS



BEFORE YOU CALL ANYTHING A FAULT, ASK:

1. What is the hitter's goal and game context?
2. Is this a style difference, or is it limiting contact, force, adjustability or decisions?
3. What does the ball flight say?

STRENGTHS TO PROTECT

PRIMARY SYMPTOM (WHAT YOU SEE)

CHECKPOINT WHERE IT SHOWS UP

ROOT CAUSE (WHERE IT STARTS)

FIRST CORRECTION (ONE THING)

CUE (SHORT, OUTCOME-FOCUSED)

DRILL MATCHED TO THE CAUSE

REASSESSMENT PLAN & DATE

SOFTBALL NOTE

When you can, also film her against a live windmill pitcher. The low release and up-and-down movement change timing and barrel path in ways a tee won't show.