

Harvard Baseball Blast Motion Fall Report



<i>Name</i>	<i>Bat speed (mph)</i>	<i>Peak hand speed (mph)</i>	<i>On plane efficiency</i>	<i>Connection at impact [90°]</i>	<i>Attack angle [10° – 15°]</i>	<i>Power (kW)</i>	<i>Rotational acceleration (g)</i>	<i>Time to contact (sec)</i>
	61.9	19.4	65%	85°	16°	3.23	17.4	.16
	71.9	22.1	62%	83°	13°	4.41	11.3	.16
	68.0	21.8	75%	83°	11°	4.41	21.2	.13
	63.6	19.1	77%	80°	12°	2.92	6.4	.18
	71.5	22.0	60%	74°	10°	4.45	14.0	.15
	67.0	20.3	71%	87°	9°	4.03	13.8	.14
	70.3	20.0	62%	74°	15°	4.20	9.7	.15
	69.1	20.8	59%	83°	8°	4.24	11.5	.15
	69.9	21.5	56%	82°	11°	4.11	11.8	.15
	69.9	21.0	62%	85°	13°	4.47	11.8	.14
	69.1	20.8	70%	83°	10°	4.05	10.4	.16
	73.0	21.7	56%	87°	12°	4.56	10.8	.16
	72.8	22.1	49%	89°	12°	4.85	13.0	.15
	59.5	19.2	95%	65°	3°	3.0	13.5	.15
	67.3	22.1	71%	80°	13°	4.42	21.5	.13

Bat speed is the observed speed of the sweet spot at impact.

Peak hand speed is the observed maximum speed as measured on the handle of the bat. Peak hand speed will occur prior to the moment of impact, very close to the commit time in the swing when the wrists unhinge.

On plane efficiency measures the percentage of your swing where the bat is on the swing plane. Your vertical bat angle at contact establishes the plane for that swing. Plane is a great indicator for making more consistent contact on the barrel of the bat.

Connection at impact measures the relationship between your body tilt and vertical bat angle at impact. Maintaining good connection for all pitch locations is an indicator of dynamic adjustability.

Attack angle is the angle of the bat's path at impact.

Rotational acceleration measures how quickly your bat accelerates into the swing plane. Rotation is a good indicator of how you build bat speed by sequencing properly. The quicker your rotational acceleration, the more power you will have and the more time you will have to make a decision at the plate.

Time to contact is the elapsed time between start of downswing and impact.