

LONE STAR DIAMOND ACADEMY PLAYER EVALUATION

CATCHING

Core Elements:

Setup, blocking, pop times, back picks, receiving, and game management (umpire/teammate relations & pitch calling)

Evaluated Metrics:

Pop time and overhand velocity (from knees and feet).

BASE RUNNING

Core Elements:

Stealing, leads, reading the pitcher, reading the down angle, and situational awareness.

Evaluated Metrics:

Home to first time, steal time from lead and 5-10-5.

BASEBALL IQ

Core Element: Situational awareness.

FIELDING

Core Elements:

Footwork, glove action, range, throwing velocity, shifts - lefty/righty adjustments, anticipation, reading the ball off the bat, short hop/long, defensive situations, and interaction with base runners.

Evaluated Metrics:

Throwing velocity, throwing accuracy, transfer time, footwork grade, and glove work grade.

STRENGTH, SPEED, AGILITY, MOBILITY

Evaluated Metrics:

Power output on Keiser Machine and Exxentric Flywheel, shuttle run, Karaoke drill, back pedal, vertical jump, quadrant ladder, box jumps, and plank.

HITTING

Core Elements:

Mindset/approach (hitting identity), positioning, mechanics, power/average, plate discipline, bunting.

Evaluated Metrics:

Exit velocity, launch angle, distance, BlastMotion metrics, biomechanics scan included.

PITCHING

Core Elements:

Mindset/approach, arm health, upper/lower body mechanics, command, velocity, slot, grip, tunneling, pick-off moves, and PFP (Pitcher Fielding Practice).

Evaluated Metrics:

Velocity, spin rate, pitch plane, tunneling. Biomechanics scan included.

EACH EVALUATION IS MORE THAN JUST NUMBERS – IT'S A FOUNDATION FOR GROWTH.

Once all data is collected, we meet with the athlete and their parents to review results, explain what they mean, and begin shaping a clear path forward. For Silver or Gold members, a customized development plan will be created in collaboration with our leadership team.

OUR GOAL IS TO PROVIDE NOT ONLY INSIGHT — BUT A CLEAR, INFORMED PLAN FOR PROGRESS.

A STANDARD EVALUATION TYPICALLY INCLUDES:

30 MINUTES: HITTING, 30 MINUTES: FIELDING,
20 MINUTES: STRENGTH/SPEED/AGILITY, 10 MINUTES: BASEBALL IQ

90-MINUTE EVALUATION COST: **\$350**

For more information or to register, contact:

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Follow us on social media: [@lonestar_da](#)

