

PROFESSIONAL HITTING EVALUATION



INCLUDES 4 PRO HITTING SCREENS

1. Functional Movement Hitting Screening
2. Video Analysis Evaluation (compared to the best MLB players)
3. Blast Sensor Plane/Rotation/Connection (compared to pro average)
4. K-Vest Swing Sequence + Posture Assessment (compared to pro average)

KEN BROOKE HITTING



**YOU CAN'T FIX SWING ISSUES
YOU NEVER KNEW EXISTED**

CLASS A PLAYER IMPROVEMENT

AFTER 5 WORKOUTS | 2019-2020

| METRIC | 17 NOV | 18 JAN | TREND |
|-----------|--------|--------|-------|
| Avg Vel | 85.6 | 92.8 | 8% |
| Max Vel | 98.9 | 101.7 | 3% |
| Avg Dist | 219 | 249 | 14% |
| Max Dist | 369 | 402 | 9% |
| Avg LA | 20 | 19 | |
| AVG | .328 | .548 | 67% |
| SLG | .433 | 1.000 | 131% |
| LD% | 34 | 52 | 53% |
| GB% | 27 | 19 | -29% |
| FB% | 39 | 29 | -26% |
| HHA | .522 | .655 | 25% |
| LPH | .866 | 1.179 | 36% |
| Avg Pitch | 40.6 | 47.8 | |

TESTIMONIALS

"Ken is ahead of the curve in finding flaws and teaching high-level mechanics. His knowledge of the big league swing is very high and he knows how to teach it." **BEN ZOBRIST | 2016 World Series MVP, Chicago Cubs**

"Ken knows how to break down the fundamentals of the MLB swing. He understands swings in the simplest form, and can get players better." **SCOTT COOLBAUGH | MLB Hitting Coach, Detroit Tigers**

"I've worked with Ken just a few times and I'm already seeing results. His knowledge of hitting is higher than any instruction I have had in pro baseball." **ETHAN S. | 2021 Minor Leaguer, Fort Wayne Tin Caps**

"Ken has a lot to offer a program." **MIKE CANDREA | NCAA Softball Head Coach, University of Arizona**

"Obviously, you are extremely qualified." **RALPH WEEKLY | NCAA Softball Co-Head Coach, University of Tennessee**

COACH KEN BROOKE

Ken Brooke has coached high school and college baseball and softball. He is **On Base U** certified and has worked with several MLB hitting coaches and pro players. He has written a professional baseball and softball swing mechanic guide and is an expert at identifying swing issues that can limit a player's contact, power and efficiency.

CHECK OUT HIS WEBSITE

kenbrookehitting.com



TO SCHEDULE

Email Ken at
kenbrooke7@gmail.com

