

Starting a Catching Session

The catching module provides the quantitative and video feedback required for a catcher to improve their skills without the need to be on a field. Pop time, exchange time, arm strength, and accuracy are captured in a small amount of space with video available for replay immediately following the throw.

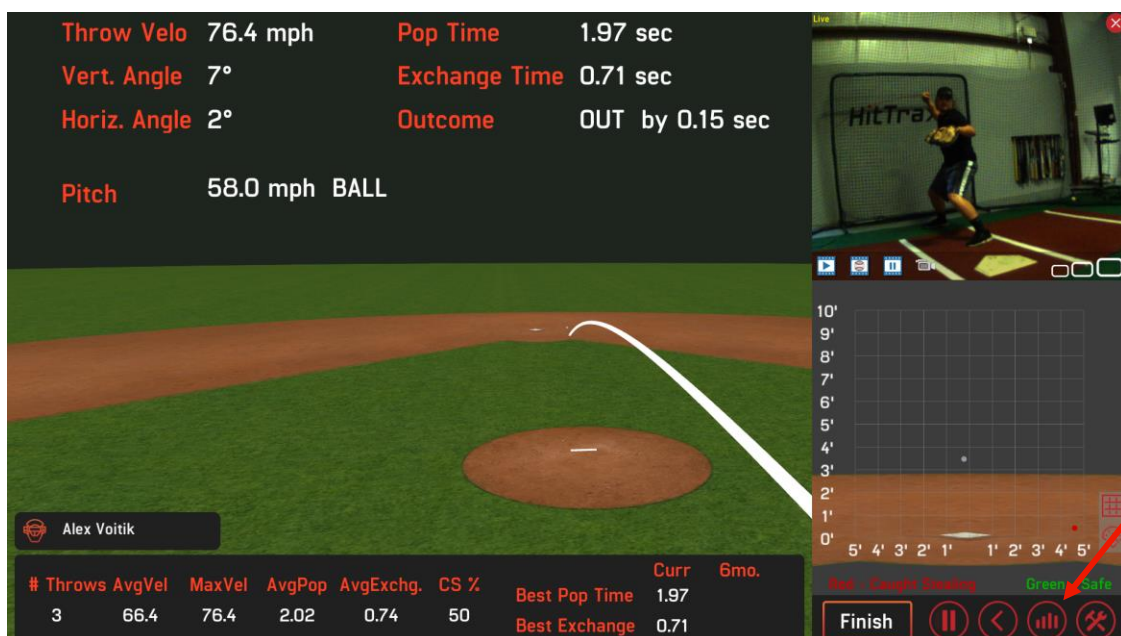
No changes are required with set-up of the HitTrax hardware. Make sure that the catcher is positioned correctly in the catcher's box and that they do not venture too far in front of home plate with the throw.

To start a "Catching" session:

- Select **Catching Module** under the main **Administrator** page
- The player list will appear; select the 'mask' icon to the right of the player's name. This will move the name to the right side of the page.
- Once all desired players are selected and moved to the right side, select **Play Ball** to start the session.

The training session window will appear showing an infield. The system may take several seconds to "initialize" the cameras. Once completed, the cameras are on and the system is ready to measure an incoming pitch and/or an outgoing throw.

- See the trouble shooting section of this manual if the cameras do not progress past the initialization procedure



The module will report pop time and exchange time only when a pitch is thrown to the catcher. Without a pitch, the program will report throw velocity and accuracy.

The video feature can be activated with the HitTrax high-speed camera and active subscription.

Videos collected during the session will be automatically clipped and saved with the corresponding throw. Editing is not required.

- Please review our Video Capture and Analysis Module Guide for further information on the features.

Reviewing Catching Metrics & Videos

Once the Catching Session is complete, the system will automatically generate a report that lists the metrics of all throws along with the ability to view the corresponding video and simulated throw. This list is interactive and can be filtered by pitch location and sorted by the metrics captured.

To view the report, select the “Bar Graph” icon in the lower right corner of the training session window (see above picture).

The screenshot displays the HitTrax Reports interface. On the left, there is a 'Session Review' dropdown menu and a video player showing a baseball throw. A yellow callout box points to the play button icon in the video player, stating 'Replay visual of throw by selecting the arrow icon'. In the center, there is a table of metrics for three throws. A yellow callout box points to the table, stating 'Interactive list of all throws sortable by metric'. On the right, there is a 'Compare' button and a 'CSV File' button. A yellow callout box points to the camera icon in the table, stating 'View the video of the throw by selecting the camera icon'. At the bottom, there is a 'Refresh' button and 'Email/Print' and 'Close' buttons.

#	▲ Throw	Pop	Exchg	Res	+/- Sec	✓
5	48.6	0.00	0.00	Safe	0.00	📷
6	74.2	2.07	0.77	Safe	0.08	📷
7	48.3	1.07	0.07	Out	-0.15	📷

Interactive list of all throws sortable by metric

Replay visual of throw by selecting the arrow icon

View the video of the throw by selecting the camera icon

Metrics – Catching Session

- **Throw velo** = throw velocity/arm strength
- **Vert. Angle** = vertical angle; launch angle of the throw at release
- **Horiz. Angle** = horizontal angle of throw; negative to the left of second base, positive to the right of second base
- **Pitch** = pitch velocity
- **Pop Time** = the time from the ball reaching the catcher's glove to the ball reaching the fielder's glove at second base
- **Exchange time** = Also known as Transfer Time. The time from the ball reaching the catcher's glove to release point of the catcher's throw
- **Outcome** = tells if runner is safe or out and by how much time
- **# Throws** = the number of throws
- **AvgVelo** = average velocity
- **MaxVelo** = maximum velocity
- **AvgPop** = a catcher's average pop time over a session
- **AvgExchg.** = a catcher's average exchange time
- **CS** = caught stealing percentage