

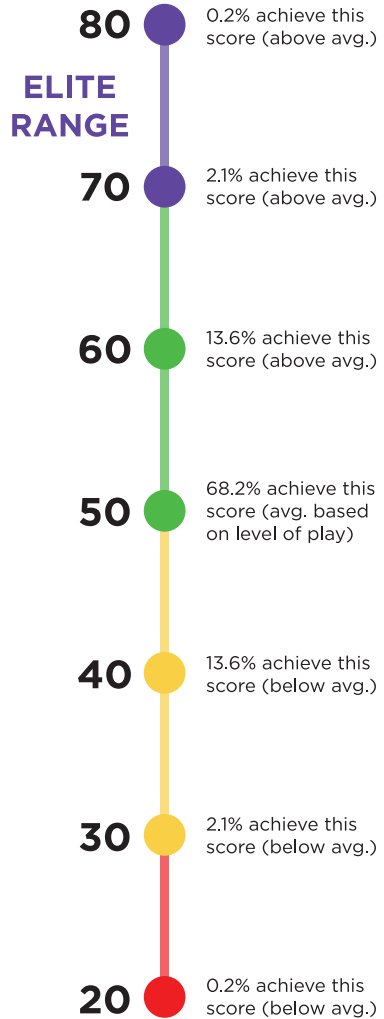
PREMIUM

SWING QUALITY SCORES

Blast iQ™ automatically assesses your swing, based on level of play, to score your swing performance.

STANDARD SCALE

Measures a player's swing performance and distributes it on a bell curve, based on level of play.

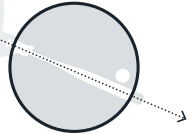


PLANE



Scores your On-Plane Efficiency for each swing on the standard scale of 20-80.

CONNECTION



Scores how connected your swing is by incorporating your Early Connection and Connection (at impact) on the standard scale of 20-80.

ROTATION



Scores your Rotational Acceleration for each swing, on the standard scale of 20-80.

PREMIUM

SWING METRICS

The Blast Sensor captures swing metrics that measure pre-impact swing mechanics centered around plane, connection, and rotation.



ON PLANE EFFICIENCY



Measures the percentage of your swing where the bat is on the swing plane.



ROTATIONAL ACCELERATION



Measures how quickly your bat accelerates into the swing plane.



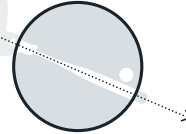
EARLY CONNECTION



Measures the relationship between your body tilt and vertical bat angle when the hitter initiates rotation.



CONNECTION (at impact)



Measures the relationship between your body tilt and vertical bat angle at impact.



3D Swing Tracer results available in-app for all swings. (iOS only feature. Tracer export requires a Premium Services subscription.)

PREMIUM

BALL FLIGHT

Blast iQ™ powered machine vision measures the post-impact results of your swing, allowing you to visualize your ball flight.



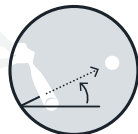
EXIT VELOCITY *



Speed of the softball as it comes off the bat, immediately after impact.



LAUNCH ANGLE *



Vertical angle at which the ball leaves the bat after impact.



DISTANCE *



Estimated ball flight distance, measured in feet.

IMPACT METRICS

The Blast Sensor captures impact metrics that measure pre-impact performance outcomes based on ball contact.



BAT SPEED



The total speed of the barrel at impact.



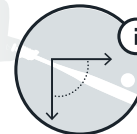
ATTACK ANGLE



The angle that the barrel approaches the ball at impact.



VERTICAL BAT ANGLE



The steepness of barrel at impact from a catcher's perspective.



TIME TO CONTACT



The time measured from the start of the downswing to impact.



PEAK HAND SPEED



The fastest hand speed reached throughout the swing.



POWER



Bat mass X avg. acceleration X bat speed at impact.



Metrics dependent on contact location.

* Available with **Blast Softball 5.1** (or newer) or the **Blast Vision** app. (iOS only feature. Requires use of mobile camera.)

PREMIUM

Swing Quality Scores, Swing Metrics, and Ball Flight Metrics require a coach or player Premium Services (Blast Connect) subscription.

To learn more about Swing Quality Scores and Blast metrics, please visit the Training Center: blastconnect.com/training-center/v3/softball/