VALLEY BOYS · PERSONAL DEVELOPMENT ASSESSMENT

SAMPLE PLAYER

DEVELOPMENT ASSESSMENT & TRAINING

Built from Round 1 testing-day measurables. Triggers diagnosed. Regimen prescribed.

SAMPLE DATA - FOR DEMONSTRATION ONLY

AGE	HT	WT	POS
12	5'0"	96 lb	SS / RHP

MEASURE EVERYTHING. GUESS NOTHING.

01 The Numbers	Athlete snapshot
02 Diagnosis	Trigger analysis
03 Training Plan	The prescription
04 The Work	Exercise library
05 The Standard	Retest targets

SECTION 01 · THE NUMBERS

Where the Sample Stands

Age 12, 5'0", 96 lb. Sample marks from Round 1 testing, ranked against all 12 athletes in the group.

BROAD JUMP	KNEE VELO	PULLDOWN	AVAILABLE	POTENTIAL
62"	41 mph	60 mph	52	64
ranks 8 of 12	ranks 11 of 12	ranks 9 of 12	ranks 11 of 12	ranks 9 of 12

THE TWO NUMBERS THAT MATTER MOST

Pulldown - Available gap: 8 points. The arm keeps up with the legs - no catastrophic leak. But 8 points of power are still dying in the middle.

Potential - Available gap: 12 points. The ceiling sits well above current output. Not a talent problem. A transmission problem.

Assessment data: Valley Boys Round 1 testing battery. Sample data for demonstration.

SECTION 02 · DIAGNOSIS

What the Criteria Say

Each rule applied to the sample marks. A trigger fires a training prescription - no guessing.

RULE	MARK	RESULT
Broad jump below 55 in (lower-body power)	62"	CLEAR
Knee velo below 45 mph (arm speed / core)	41 mph	TRIGGER
Pulldown more than 6 pts over Available (transmission)	60 vs 52 (gap 8)	TRIGGER
Potential more than 10 pts over Available (upside gap)	64 vs 52 (gap 12)	TRIGGER
Availability below 75% (consistency flag)	52%	TRIGGER

TRAINER'S READ

The sample profile shows a 62-inch broad jump, 60 mph pulldown, 52 available index, and 41 mph kneeling velo. The diagnosis: power is leaking through the middle - the core and hips aren't transmitting what the lower body produces. Four triggers fired, all pointing the same direction. The next eight weeks attack exactly that - core strength, hip mobility, and sequencing.

SECTION 03 · TRAINING PLAN

The Prescription

CORE STRENGTH + HIP MOBILITY + SEQUENCING

The sample athlete's lower half makes more power than the arm ever sees. The pulldown score outruns available output by 8 points - that gap is energy dying in the middle of the body. The core and hips are supposed to be a transmission, not a sponge. This block rebuilds that transmission: mobile hips that can actually separate, a trunk that refuses to leak, and sequencing that fires lower-half-then-arm in the right order.

EIGHT-WEEK BLOCK

WEEKS 1-2 · UNLOCK

Restore hip range and teach the trunk to brace. Every rep is slow and owned. Bodyweight only - mobility first, load later.

WEEKS 3-4 · LOAD

Add resistance to the rotation. Med-ball work gets intent, core work gets harder, carries get longer. Hips lead, arm follows.

WEEKS 5-6 · TRANSFER

Marry it to the field. High-intent throwing days, one cue only - throw with the belt buckle.

WEEKS 7-8 · LOCK IN

Repeat the battery under fatigue. Prove the pattern holds when tired - that's what shows up in games.

WEEKLY TEMPLATE

DAY	SESSION	TIME
Mon	Hip mobility 10 min, then Core circuit, then Med-ball power	50 min
Tue	Hip mobility 10 min, then Throwing: intent day (15-20 throws, 85%+)	40 min
Wed	Off - play, sleep, eat. Growth happens here.	-
Thu	Hip mobility 10 min, then Rotational power, then Loaded carries	50 min
Fri	Hip mobility 10 min, then Throwing: kneeling + crow-hop blend	40 min
Sat/Sun	Off. One 10-min hip flow if stiff.	-

SECTION 04 · THE WORK

Every Rep, Prescribed

Sets x reps, then the coaching cue that makes the rep count.

HIP MOBILITY - DAILY, 10 MINUTES BEFORE ANY THROWING

90/90 hip switches — 2 x 8 / side
Chest tall. Switch without the low back rounding - rotation comes from the hips, not the spine.

Couch stretch — 2 x 30 sec / side
Squeeze the glute of the back leg. If the low back arches, tuck the ribs down.

Pigeon hold — 2 x 45 sec / side
Hips square. Breathe into the outside of the front hip.

Cossack squats — 2 x 6 / side
Heel stays down, chest proud. Depth is earned - never force it.

Hip airplanes — 2 x 5 / side
Single-leg hinge, rotate the free hip open and closed. Wobble is the point - control it.

CORE STRENGTH - THE TRANSMISSION (MON / THU)

Dead bug — 3 x 6 / side
Low back pinned to the floor. Exhale fully on every rep - slow out.

Pallof press — 3 x 8 / side
Press straight from the chest. The band wants to twist you; refuse.

Side plank — 3 x 20 sec / side
Hips stacked, no sag. Knees down is fine - perfect shape first.

Bear crawl hold — 3 x 20 sec
Knees hover one inch. Back flat like a table. Breathe behind the brace.

Farmer carry — 3 x 30 yd
Light dumbbells, walk tall. Don't lean - stay stacked.

SECTION 04 · THE WORK · CONTINUED

Every Rep, Prescribed

Sets x reps, then the coaching cue that makes the rep count.

ROTATIONAL POWER - WHERE THE MPH LIVES (MON / THU)

Med-ball rotational toss — 3 x 6 / side (4 lb)

Start sideways, punch the ball. Hips fire first, arm is last. Every rep with intent.

Med-ball overhead slam — 3 x 8

Tall at the top, violent through the floor. Throw it through the ground, not at it.

Med-ball scoop toss — 3 x 6

Scoop from between the knees and launch forward-up. That's the back hip learning to explode.

THROWING INTEGRATION - TRANSFER DAYS (TUE / FRI)

Pivot pickoff + rocker drill — 2 x 8

Feel the front hip post up like a pole. The throw starts when the front leg lands.

Crow-hop, pause at foot plant — 10 throws

Land balanced and closed. Then let the hips rip first - one cue: belt buckle to the target.

Intent throws — 15-20 at 85%+

This is the test. Same crow-hop, now with a trunk that transmits instead of leaking.

Kneeling throws — 10 throws

Isolates the trunk. If velo holds here, the core is doing its job.

SECTION 05 · THE STANDARD

Retest Targets

Eight weeks from now. Retest every mark. The program worked if these move - especially the gaps.

METRIC	NOW	TARGET	WHY IT MATTERS
Knee velo	41 mph	45+ mph	Trunk-driven velo, no legs to hide behind.
Pulldown - Available gap	8 pts	Under 5 pts	The leak, closed.
Available index	52	58+	Transferred power showing up where it counts.
Availability	52%	85%+	The prescription only works if the athlete is here.
Broad jump	62"	Hold 62"+	Maintain - the engine is already built.

COACH'S NOTE

Soreness is information, not a badge - if hip mobility work creates sharp pain rather than a stretch, back off and tell a coach. Sleep 8+ hours; at this age, that is a performance drug. Eat protein at every meal - the transmission is built in the kitchen as much as on the field. Bring this report to retest day.

This is Valley Boys development.
Measure. Analyze. Coach. Plan. Then re-test and do it again.
That's the feedback loop - and it's what every family gets.

START HERE - valleyboysbaseball.com/prospect.html
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Sample report - all player data is fictional and for demonstration only.