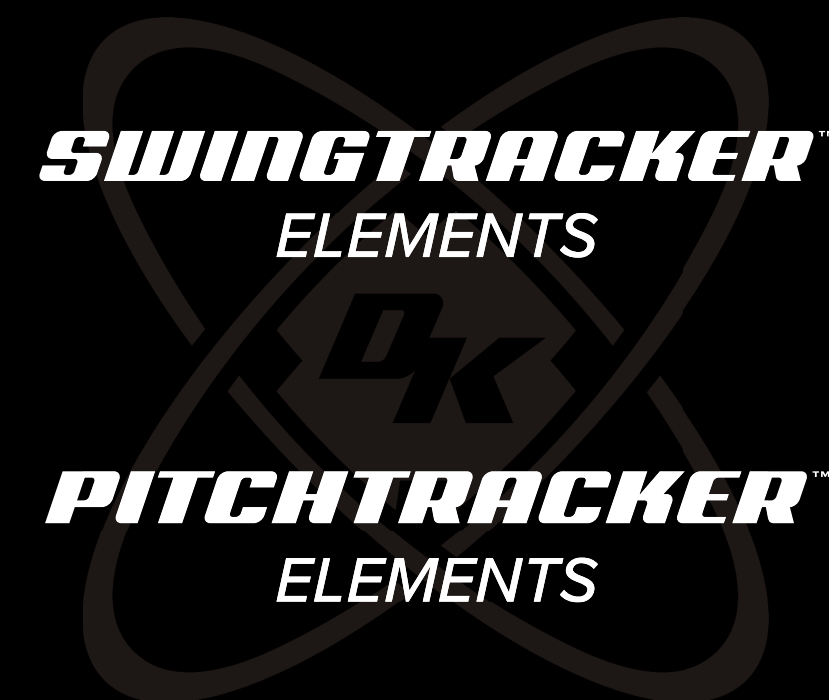


ELEMENTS OF A GREAT PLAYER

The Periodic Table of Baseball

1 P Power	2 Q Quickness												3 As Arm Strength					
4 C Clutch	5 Ss Short Swing	6 Hr Hits Home Runs												7 H Hustle	8 Fa Four-Seam Fastball	9 Cu Curveball	10 Cs Change of Speed	11 Ta Throwing Accuracy
12 Fh Fast Hands	13 Sh Situational Hitter	14 Ld Hits Line Drives												15 Ic Is Coachable	16 Ch Changeup	17 Sl Slider	18 Pm Pitch Movement	19 Ca Clean Arm Action
20 He Hand-Eye Coordination	21 Vp Vision & Pitch Recognition	22 Pp Pulls for Power	23 S Speed (60-Time)	24 Ob Fast Out of the Batter's Box	25 Fj Fast Jump	26 R Range	27 I Instincts	28 Gw Glovework	29 Qh Quick Hands	30 Rg Reads Ground Balls	31 Tf Tracks Fly Balls	32 Sa Situational Awareness	33 Cf Communicates in the Field	34 G Grit	35 Fc Cutter	36 Si Sinkers	37 Ah Long-Term Arm Health	38 Es Efficient Sequencing
39 Tq Rotational Torque	40-50 St SwingTracker Metrics	51 Of Can Hit to Opposite Field	52 Gs Gets the Sign	53 Ir Instinctive Runner	54 Rp Reads Passed Balls	55 Dy Loves Getting Dirty	56 Rt Reaction Time	57 Vj Vertical Jump	58 Gr Good Routes	59 Gf Good Footwork	60 Ml Moves Well Laterally	61 Up Backs-Up Plays	62 Cr Knows Cutoff Responsibilities	63 Mt Mentally Tough	64 Ep Eephus	65-75 Pt PitchTracker Metrics	76 T Tunnels Pitches	77 Rd Repeatable Delivery
78 Pd Plate Discipline	79 Eb Elevates the Ball	80 Rl Results Against Lefties	81 Xb Earns Extra Bases	82 Ao Avoids Running into Outs	83 Bd Breaks Up Double Plays	84 Rh Reads the Hit	85 Ro Runs Everything Out	86 Al Aggressive Secondary Lead	87 Gl Gets a Strong Lead	88 Le Leads by Example	89 Ds Displays Sportsmanship	90 IQ Baseball IQ	91 Hw Hard Worker	92 W Wants to Win	93 Ft Two-Seam Fastball	94 Kn Knuckleball	95 Cd Command	96 Co Control
97 Kp Knows Opposing Pitcher	98 Rr Results Against Righties	99 B Lays Down Bunts	100 Gd Loves the Grind	101 Gm Hits the Gym	102 Et Eats Right	103 Lg Locker Room Guy	104 Sc Studies the Competition	105 Ud Understands Data	106 Ut Uses Tech to Improve	107 Lu Lifts Others Up	108 Ri Resilient	109 Pf Plays Fearlessly	110 Pr Plays Relaxed	111 Sm Short Memory	112 Fo Forkball	113 Fs Splitter	114 Ps Situational Pitch Selection	115 En Stamina

- Core Hitting / Hitting for Power Elements
- Hitting Outcome Elements
- SwingTracker Hitting Metrics
- Core Running Elements
- Core Fielding Elements
- Fielding Mindset Components
- Core Throwing Elements
- Universal Pitching Elements
- Pitch Arsenal
- PitchTracker Throwing Metrics
- Core Character Traits
- Habits of Winners



40 Bs Max Barrel Speed	41 Im Impact Momentum	42 A Max Acceleration	43 Aa Attack Angle	44 Dz Distance in the Zone	45 Ti Trigger to Impact	46 Hs Max Hand Speed	47 Ee Speed Efficiency	48 Ap Applied Power	49 Hd Hand Cast Distance	50 Va Vertical Bat Angle
65 V Velocity	66 Sr Spin Rate	67 Sd Spin Direction	68 Se Spin Efficiency	69 Hb Horizontal Break	70 Vb Vertical Break	71 Tp Time To Plate	72 Dt Delivery Time	73 E Extension	74 Re Reachback to Release	75 Me Motion Efficiency

KEY

1 P Power	Elemental Number Symbol Name
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