

Table 1. Evidence-based list of individual characteristics or skills associated to superior baseball batting performance.

Individual characteristics or skills	Assessments
Anthropometric measures	Height
	Weight
Physical fitness tests – muscle strength	1-RM bench
	1-RM squat
	Grip strength
	Back strength
	Lower extremity muscle torque
	Isokinetic chest press
Physical fitness tests – muscle power	Countermovement jump
	Broad jump
	Bench press - peak power
	Overhead medicine ball throw
	Rotational medicine ball throw
Physical fitness tests – speed	10-yard sprint
Physical fitness tests – muscle endurance	Sit-ups
Physical fitness tests – muscle flexibility	Trunk flexibility
Physical fitness tests – balance	Pivot-leg SEBT balance protocol
Physical fitness tests - coordination	Side steps
Visual skills	Ocular tracking index
	Enhanced vision testing score
	General oculomotor speed
	Smooth pursuit accuracy
	General processing speed
Perceptual skills	Visual recognition
	Visual anticipation

	Perception span
Visuomotor skills	3-element manual-control index
	Target capture
	Eye-hand coordination
	Pro-active eye-hand visuomotor reaction task