

C Alex Sosa

School: Miami (FL)

Grade: Junior

DOB: 11/04/2004

HT: 6-1

WT: 207

H/T: L/R

Grades

Hit	Power	Field	Throw	Run	OFP	Risk
45 (50)	50 (55)	45 (50)	50 (55)	40 (40)	45	High

SCOUTING BLURB - *Ethan Kagno*

Physical: In the box, Sosa stands even with loose hands from the left side and minimal bat movement upon load. He transfers his weight well onto his back leg and utilizes a small leg kick and short stride to extend through the ball. It's a smooth and compact swing with violent bat speed and lift to drive the ball to the gaps with most of his power coming pull side. Behind the dish, Sosa has a strong frame with great athleticism and will have every chance to stick there given his physical tools and strong arm.

Strengths: It's a easy left-handed swing in the box that posted high exit velos and average to above average power with 26 extra base hits during his breakout sophomore campaign at NC State. He rarely misses fastballs and it's where he does most of his damage. He posted above average pop times and had a .992 fielding percentage on the Cape in 2025. He receives the ball well and should be at least average defensively as he continues to improve on his agility and blocking skills.

Weaknesses: It's currently a power over contact bat with the hit tool being fringe at best. While he makes loud contact when he connects, there has been plenty of swing and miss concerns to his game, specifically against off-speed. He whiffed and chased against changeups at nearly a third of the time each in 2024, and those rates went up on the Cape to nearly half the time. That being said, Sosa needs to improve on his swing decisions and overall pitch recognition to fully tap into his overall potential. Defensively, Sosa still needs work on some of his footwork and directioning when trying to catch runners. Despite his above average arm and pop times, base runners were successful 79% of the time on the Cape. He'll need to adjust some things in order to be a more consistent backstop. It's below average speed and although he should still be able to leg out doubles to the gaps, it's not a tool that will get him many stolen bags or first to thirds.

Summary: When he puts it all together, Alex Sosa could become one of the best overall catching prospects that comes with top 100 upside in the 2026 MLB Draft. The biggest trait to monitor will be how well he can improve the hit tool and his ability to clean up some of his defensive inefficiencies behind the plate to reach his true potential as an everyday catcher.