



## *HITTING MEMBER CLASS*

# *BARREL IT UP*

**This class has a focus on various aspects of hitting. Hitters will work with certain drills to develop their swings. We will provide knowledge on how to be a successful hitter.**

**Bat Path to Contact Point-** Hitters will work through our hitting progression that will promote a proper bat path. Hitters will learn how to be a consistent producer in the box.

**Bat speed-** Athletes will use various exercises and drills that focus on bat speed. Hitters will use different types of bats and balls to key in on explosive movements and enhanced bat speed.

**Situational Hitting-** Hitter will gain knowledge on how to be a successful hitter with runner in scoring position. The players will learn how to properly execute aspects of hitting that are a lost art. We will cover; 2 strike approach, Runners in scoring position, and how to beat the pitcher!

**Max reps-** Hitters will get the most possible reps in the class. We will work through; Tee drills, front toss drill, machine BP, and coach BP.