

Class Name	Class Description	Day/Time
In-Game Hitting	<p><i>Class will consist of hitting in-game pitches. We will focus on using our Hack Attack pitching machine to ramp up the speed, throw curveballs and change-ups. As we continue to get closer to the season start we want hitters game ready by the time they step in the batters box. This class will challenge every hitter and build their confidence.</i></p>	<p>Tuesday 6:30-7:30 Wednesday 6:30-7:30</p>
"GameSense"	<p><i>This class will be on the back end of In-Game Hitting and take place in a classroom setting. We will use the APP "Gamesense" with our players to now visually challenge them after physically being in the cages with In-Game Hitting. Players will be challenged to start recognizing pitches out of a pitchers hand, focusing on the "pitcher window" and start looking for count specific pitches.</i></p>	<p>Tuesday 7:30-8:30 Wednesday 7:30-8:30</p>
The Art of Base Stealing	<p><i>This class will be focused on game specific situations and how to steal from every base. This class will include the timing involved in suicide squeeze plays as well as safety squeeze plays. "New school" approach to base stealing. Active feet on the base paths, and looking for key movements from a pitcher to gain the edge.</i></p>	<p>Tuesday 5:00-6:00</p>
Fungo Madness!	<p><i>This class as it states will be strictly fungo the entire class. We will challenge players to start fielding in-game situations off the fungo. From hard ground balls, choppers, line-drives and flares. We will incorporate a progression to forehands and backhands. Live reps is what this class is all about! Do not miss out on this class!</i></p>	<p>Tuesday 4:00-5:00 Wednesday 5:00-6:00 Thursday 7:00-8:00</p>
Exit Velocity	<p><i>A members favorite class that we wanted to bring back before the season gets going. This class will be on the HitTrax and the goal, develop more exit velocity and hit the ball harder! This focus will to be all fields of play, pulling for power, hard up the middle and staying through contact on the outer-half. Class will also be movement focus in how to increase power.</i></p>	<p>Tuesday 4:00-5:00 Friday 4:30-5:30</p>
The Ultimate Catcher	<p><i>Class will progress to live reps. This will be the most challenge catching class we have offered. Our members will not settle for failure and challenge themselves to be the best. The class will be increased speed receiving,</i></p>	<p>Monday 6:00-6:45 Friday 6:00-6:45</p>

Hand-Eye Coordination

Class will focus on faster reaction times. Drills with tennis balls, heavy balls, mini-whiffle and skillz balls. Fast hands and quick movements get the edge while on the diamond, this class will quicken both of those areas!

Small Diamond Holding Runners and Leads/Reads

This class will be small/medium diamond focus. Members will become the best at holding runners and not allowing easy stolen bases. This class is focused on shutting the running game down in the first part. Leads and Reads will put us in the baserunner shoes, with one goal in mind, reading the pitcher/fielders and getting proper leads at each base

Hitting Mechanics

This class will be a 6 member minimum. Video review of swings and dissecting each members swing. Diving into the mechanics of each members swing and the uniqueness of how each player gets to their contact point

**Monday 6:45-7:30 Friday
6:45-7:30**

**Holding Runners
Thursday (6:00-6:45)
Leads and Reads (8:00-
8:45)**

**Saturday 9:00-10:00
Saturday 12:00-1:00**