

Class Name

Class Description

Situational Hitting : Moving Runners

Class focus on being the team player/hitter. Drills focused around moving the runners (What pitches to look for in specific counts and specific situations) Bunt plays involving Sac bunt, squeeze bunt, safety squeeze, drag and push bunts.

Exit Velocity 2.0 : Elevate and Celebrate

Like the name says this, focus on learning to elevate the baseball while taking the proper swing path to the ball and getting to celebrate with line drive gap shots and home runs!

Outfield Play : Cuts and Relays

A class mixed of chalk talk in class setting and in the cages. Class will focus on where we are looking for our cuts from the outfield, communication and urgency to get the baseball in as quick as possible with accuracy. Target competitions will be a big focus in this class.

Makin' it Routine : The Elite Defender

Class will focus on better footwork, timing, and transfers to make the harder plays more routine. Class will be both infield and outfield focused.

The Art of Sliding : Expanding the Run Game

Class will teach the proper technique of sliding. From hook slides, pop-up slides, diving back to the bag, and how to swim move around the fielder. Class will teach athleticism as well as generating speed and technique while maintaining a controlled slide.

Stop, Block, and Drop : The Complete Catcher

Class will focus on blocking as well as developing quick feet and athleticism behind the plate.

Pitch Recognition : Powered by GameSense

Continuing with GameSense from February, this class will focus on reading a pitch out of a pitchers hand as well as looking for pitch tips to become a more advanced hitter. Class will be in a classroom setting and cage setting.

Speed and Agility : Being an Athlete

This class will be a conditioning based class. Cone drills, ladder drills, plyometric exercises (explosiveness), anaerobic exercises (speed and power). Bring your water and get ready for a workout!

Holding Runners : (Small Diamond ONLY!)

Members will become the best at holding runners and now allowing easy stolen bases. Class focused on shutting down the running game (mixing looks, mixing timing, looking for runners who tip themselves off to stealing).

HitTrax Small Diamond and Big Diamond Pickup Games

Pick up games that will run on Saturdays.
Whoever signs up will play in HitTrax games only!
Come have some fun and work on that swing and gear up for outside games to start up.