

Class Name	Class Description	Day/Time
Glove Work	<p><i>Class will focus on glove work! Infielding glove work and outfielding glove work. Soft hand gloves will be used as a drill focus. Weighted plyo balls to understand the mechanics of coming through a baseball on our forehand and backhand. Learning proper technique on transfers from the glove.</i></p>	<p>Tuesday 5:30-6:00 Wednesday 4:00-4:30</p>
Hand-Eye Coordination	<p><i>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!</i></p>	<p>Tuesday 5:00-5:30</p>
Exit Velo	<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>Wednesday 4:30-5:30</p>
Hitting Mechanics	<p><i>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</i></p>	<p>Thursday 7:00-8:00</p>
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 4:00-5:00</p>