

FALL 2017 BASEBALL TRAINING

@ Roundtripper (16708 Southpark Dr, Westfield, IN 46074)

HITTING FOUNDATIONS

Ages 8 - 12

We will break down hitting starting with the stance, stride separation, what start of the swing, proper path and finish to the swing. We will use tee work, side toss, front toss, live hitting, and situational hitting to help each player create muscle memory within their swing while constantly coaching each individual's mechanics and technique. We will look to ensure a ratio of 5:1 player to coach.

\$150

ADVANCED HITTING

Ages 13 - 18

An athlete in the Advanced Hitting group needs to first have the basics of hitting down and are ready to take the next step towards becoming a better hitter. We will focus on many high level aspects of hitting, especially the mental side. Once you finish our 6 week program we hope that you have developed better mechanics of your swing, as well as understanding how your specific swing works. To help with this development we will use video to breakdown and analyze your swing and provide feedback to the parents and players. We will look to ensure a ratio of 4:1 player to coach.

\$180

Back-to-School Training Groups runs Mondays and Wednesdays beginning the week of September 25th and run through the week of October 30th. Training groups will run in 1 hour blocks each day between 5pm - 9pm.

For more information about training groups, or if you have any questions, please email quentin@indianaprimetimesports.com

<http://www.indianaprimetimesports.com/baseball-training/>

