



TRAINMLB.COM

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TC'S OUR PARTNER FACILITY

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MIKE LANDRY | TRAINMLB FOUNDER

In his experience with professional baseball, college coaching and private instruction, Michael has taught baseball's finer details to thousands of players and coaches across the nation.

As a professional player, Michael played for independent teams including the Nashua Pride and Brockton Rox before signing an affiliated contract with the Chicago White Sox in 2005. In 2006 he was offered the opportunity to move up to the major leagues as a batting practice pitcher and bullpen catcher. There he worked closely with big league hitters and pitchers.

After his career in professional baseball came to a close, Michael took an assistant coaching position at his alma mater, Lewis University (IL). As Hitting Coach at Lewis, Michael implemented an offensive philosophy and training program that paid dividends in just a year, yielding increases in hits (402/508), run production (243/303) and team batting avg. (.260/.290) from 2009-2010. This powerful offense helped propel the Flyers to their first conference tournament appearance in over a decade.

Michael continued his college coaching career after Lewis, accepting an assistant coaching position at Georgetown University in the summer of 2011. Working primarily with the hitter's and catchers, Michael's coaching helped the Hoyas reach their highest number of wins in the Big East Conference since 2006.

Currently Michael holds the position of pitching coach for the Falmouth Commodores of the Cape Cod League. In his 7 years tenure with Falmouth, Michael has coached 152 players that have been selected into the MLB draft including 12 first round picks and 11 current major league players.

All of TRAINMLB'S staff possess similar accolades to Michael, having a minimum of college, if not professional playing experience. For a full list of TRAINMLB coaches and their bios, visit trainmlb.com at the link below and click the Instructors tab at the top of the home page!

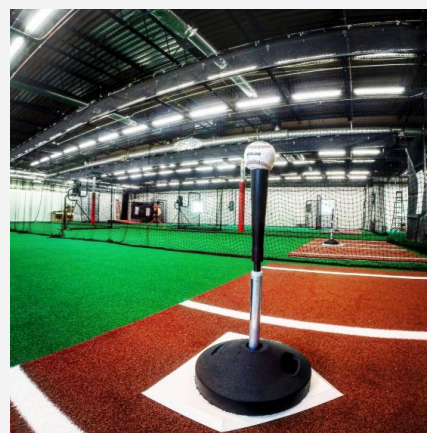
TRAINMLB.COM



All training classes will be held at TC's Training Center, located at 3 Esquire Rd, North Billerica, MA 01862

Classes are designed and conducted by Mike Landry of TRAINMLB and his dedicated staff of coaches. If you have any questions regarding the classes, registration process, payment, or inquiries about any other baseball related training opportunity, please contact Mike Landry at mike@trainmlb.com. Please see the list of other services TRAINMLB can provide below, with greater detail provided on the TRAINMLB website.

Winter Training Classes
Private and Small Group Lessons
Team Training
League Consultation
Player Ratings for Town League Drafts



TRAINMLB.COM



OVERVIEW OF CLASSES AND SCHEDULE

TRAINMLB Winter Training classes are designed to change the dynamic of how you train in the offseason! We are offering open enrollment to 4 week progressive training programs allowing you to customize your off season training so you can

choose a class that meets your needs more accurately!

All classes start with a major baseball topic such as Hitting, Pitching, Infield and Catching that encapsulates the 4 week program. Then, in each session we focus on a specific, age appropriate element of those topics. For example, week one of hitting for 9-11 year old players will focus on the stance and understanding the positions of the swing. Week one for Hitter's 15 and over will focus on proper bat angle and position of the barrel. The same structure is applied to all offerings allowing players to choose the classes with elements most pertinent to their needs, and because all of our classes are limited to 12 players (limit of 8 players in Elite classes), you are guaranteed an environment conducive to learning.

All Courses are held at our partner facility, TC's Training Centers In Billerica, MA and are taught by former collegiate and professional players, all for the same price as renting a cage on your own!

PRICES

FOR AGES 9-11 | \$35 / CLASS

FOR AGES 12-14 | \$35 / CLASS

FOR AGES 15+ | \$35 / CLASS

FOR ELITE LEVEL CLASSES | \$50 / CLASS

In order to ensure we are able to run classes, please note that all classes are must be prepaid and will not be refundable. Your registration will not be considered complete until payment has been completed. If payment is incomplete 7 days after registration, that seat will be re-opened for others to enroll into.. We are unable to apply fees to other classes if you miss your scheduled class. Cancellations will be accepted no later than 5 days prior to an event start date.

ELITE TRAINING PLAYERS 15 +



ELITE CLASSES ARE DESIGNED FOR VARSITY LEVEL ATHLETES AND MAY BE DANGEROUS TO PLAYERS THAT NEED ADDITIONAL FUNDAMENTAL INSTRUCTION.

ELITE PROGRAMS

Designed for players 15 and up with Varsity playing experience

CUSTOMIZABLE TRAINING PROGRAMS TO FIT YOUR NEEDS!

HITTING

SESSION 1

Approach and Mindset: Importance of being on time and gathering information on a pitcher prior to the at-bat.

SESSION 2

Aggression and Counts: How to approach counts based on situations and strategy.

SESSION 3

Body Training: Learn to slow velocity down by moving deliberately through pre-swing movements and establishing a sound hitting position.

SESSION 4

Hand Training: Learn how to react with your hands to maximize plate coverage

Available classes

ELITE HITTING VELOCITY S1 - Saturday 1/12/2019 8:00 PM
ELITE HITTING VELOCITY S1 - Thursday 1/10/2019 8:00 PM
ELITE HITTING VELOCITY S2 - Saturday 1/19/2019 8:00 PM
ELITE HITTING VELOCITY S2 - Thursday 1/17/2019 8:00 PM
ELITE HITTING VELOCITY S3 - Saturday 1/26/2019 8:00 PM
ELITE HITTING VELOCITY S3 - Thursday 1/24/2019 8:00 PM
ELITE HITTING VELOCITY S4 - Saturday 2/2/2019 8:00 PM
ELITE HITTING VELOCITY S4 - Thursday 1/31/2019 8:00 PM

ENROLL NOW

ELITE PROGRAMS

Designed for players 15 and up with Varsity playing experience

CUSTOMIZABLE TRAINING PROGRAMS TO FIT YOUR NEEDS!

PITCHING

SESSION 1	<i>Approach and Mindset: Importance of strike one</i>
SESSION 2	<i>Advantage and Disadvantage Counts: When to throw what and why.</i>
SESSION 3	<i>Pitches and Grips: Learn various grips as well as how to manage your pitch arsenal.</i>
SESSION 4	<i>Pick Off Moves and Holding Runners: Learn various strategies to controlling the running game.</i>

Available classes

ELITE PITCHING S1 - Friday 1/11/2019 6:00 PM
ELITE PITCHING S1 - Sunday 1/6/2019 5:00 PM
ELITE PITCHING S2 - Friday 1/18/2019 6:00 PM
ELITE PITCHING S2 - Sunday 1/13/2019 5:00 PM
ELITE PITCHING S3 - Friday 1/25/2019 6:00 PM
ELITE PITCHING S3 - Sunday 1/20/2019 5:00 PM
ELITE PITCHING S4 - Friday 2/1/2019 6:00 PM
ELITE PITCHING S4 - Sunday 1/27/2019 5:00 PM

ENROLL NOW

ELITE PROGRAMS

Designed for players 15 and up with Varsity playing experience

CUSTOMIZABLE TRAINING PROGRAMS TO FIT YOUR NEEDS!

CATCHING

SESSION 1

Advanced receiving techniques

SESSION 2

Blocking and Plays at the Plate

SESSION 3

Body efficiency and Throwing to bases

SESSION 4

Managing a Pitching Staff and Calling Pitches/Drill Work

Available classes

ELITE CATCHING S1 - Saturday 1/12/2019 6:00 PM
ELITE CATCHING S2 - Saturday 1/19/2019 6:00 PM
ELITE CATCHING S3 - Saturday 1/26/2019 6:00 PM
ELITE CATCHING S4 - Saturday 2/2/2019 6:00 PM

ENROLL NOW

ELITE PROGRAMS

Designed for players 15 and up with Varsity playing experience

CUSTOMIZABLE TRAINING PROGRAMS TO FIT YOUR NEEDS!

INFIELD

SESSION 1	<i>Double Play Feeds in the Middle</i>
SESSION 2	<i>Double Play Feeds from the Corners</i>
SESSION 3	<i>Receiving Throws and Applying Tags</i>
SESSION 4	<i>Advanced Ground Ball Variety: How to approach and successfully field and throw from various positions</i>

Available classes

ELITE INFIELD S1 - Saturday 1/12/2019 7:00 PM
ELITE INFIELD S2 - Saturday 1/19/2019 7:00 PM
ELITE INFIELD S3 - Saturday 1/26/2019 7:00 PM
ELITE INFIELD S4 - Saturday 2/2/2019 7:00 PM

ENROLL NOW

TRAINING FOR AGES 15 +



TRAIN
MLBASEBALL

PRIVATE INSTRUCTION CLINICS ORGANIZATIONAL DEVELOPMENT

WINTER
TRAINING
SESSIONS

PROGRAMS 15+

Designed for players 15 and up

CUSTOMIZABLE TRAINING PROGRAMS TO FIT YOUR NEEDS!

HITTING

SESSION 1	<i>Bat Angle and Barrel Position: Create proper path on plane with the pitch through achieving a proper launch position.</i>
SESSION 2	<i>Moving from the Backside to the Frontside: Proper weight shift to create momentum that will carry through the ball.</i>
SESSION 3	<i>Connection, Barrel Path and Hand Path: Understanding checkpoints to help you stay on plane and through more baseballs.</i>
SESSION 4	<i>Contact Points and Situational Hitting: Learn to hit the ball where you want using pitch selection and approach.</i>

Available classes

15+ HITTING S1 - Monday 1/7/2019 8:00 PM
15+ HITTING S1 - Saturday 1/12/2019 4:00 PM
15+ HITTING S1 - Sunday 1/6/2019 4:00 PM
15+ HITTING S1 - Tuesday 1/8/2019 8:00 PM
15+ HITTING S2 - Monday 1/14/2019 8:00 PM
15+ HITTING S2 - Saturday 1/19/2019 4:00 PM
15+ HITTING S2 - Sunday 1/13/2019 4:00 PM
15+ HITTING S2 - Tuesday 1/15/2019 8:00 PM
15+ HITTING S3 - Monday 1/21/2019 8:00 PM
15+ HITTING S3 - Saturday 1/26/2019 4:00 PM
15+ HITTING S3 - Sunday 1/20/2019 4:00 PM
15+ HITTING S3 - Tuesday 1/22/2019 8:00 PM
15+ HITTING S4 - Monday 1/28/2019 8:00 PM
15+ HITTING S4 - Saturday 2/2/2019 4:00 PM
15+ HITTING S4 - Sunday 1/27/2019 4:00 PM
15+ HITTING S4 - Tuesday 1/29/2019 8:00 PM

ENROLL NOW

PROGRAMS 15+

Designed for players 15 and up

CUSTOMIZABLE TRAINING PROGRAMS TO FIT YOUR NEEDS!

PITCHING

SESSION 1	<i>Posture and Positioning on the Mound: The Stretch and the Wind Up</i>
SESSION 2	<i>Create "Separation" and Torque: How to use your body in the delivery</i>
SESSION 3	<i>Grips and Pitches: Fastball, changeup, breaking ball and slider grips</i>
SESSION 4	<i>Throw Strikes More Consistently: Target line, balance, stride and direction</i>

Available classes

15+ PITCHING S1 - Saturday 1/12/2019 3:00 PM
15+ PITCHING S1 - Thursday 1/10/2019 7:00 PM
15+ PITCHING S2 - Saturday 1/19/2019 3:00 PM
15+ PITCHING S2 - Thursday 1/17/2019 7:00 PM
15+ PITCHING S3 - Saturday 1/26/2019 3:00 PM
15+ PITCHING S3 - Thursday 1/24/2019 7:00 PM
15+ PITCHING S4 - Saturday 2/2/2019 3:00 PM
15+ PITCHING S4 - Thursday 1/31/2019 7:00 PM

ENROLL NOW

PROGRAMS 15+

Designed for players 15 and up

CUSTOMIZABLE TRAINING PROGRAMS TO FIT YOUR NEEDS!

CATCHING

SESSION 1	<i>Proper stances and receiving techniques</i>
SESSION 2	<i>Blocking the ball and keeping it close</i>
SESSION 3	<i>Throwing and footwork to second base</i>
SESSION 4	<i>Throwing and footwork to third and picks to first</i>

Available classes

15+ CATCHING S1 - Monday 1/7/2019 7:00 PM
15+ CATCHING S2 - Monday 1/14/2019 7:00 PM
15+ CATCHING S3 - Monday 1/21/2019 7:00 PM
15+ CATCHING S4 - Monday 1/28/2019 7:00 PM

ENROLL NOW

PROGRAMS 15+

Designed for players 15 and up

CUSTOMIZABLE TRAINING PROGRAMS TO FIT YOUR NEEDS!

OUTFIELD

SESSION 1	<i>Fielding Position and Receiving: How to approach forehand, backhand, and center-cut fly balls</i>
SESSION 2	<i>Drop Steps and Angles: How to take the proper angle to various fly balls</i>
SESSION 3	<i>Throwing From the Outfield: Getting behind the ball, and "do or die" plays</i>
SESSION 4	<i>Misdirection: How to properly reroute yourself on a bad read</i>

Available classes

NO CLASSES CURRENTLY AVAILABLE

PROGRAMS 15+

Designed for players 15 and up

CUSTOMIZABLE TRAINING PROGRAMS TO FIT YOUR NEEDS!

INFIELD

SESSION 1

Fielding Position and Receiving: How to approach forehand, backhand and center-cut ground balls

SESSION 2

Setup and Approach: How to properly use your feet to play the ball

SESSION 3

Create a Preferred Hop: Timing the ball to set up throws and get bounces that are easier to field

SESSION 4

Ground Ball Variety: How to approach and successfully field and throw from various positions

Available classes

15+ INFIELD S1 - Saturday 1/12/2019 5:00 PM
15+ INFIELD S1 - Tuesday 1/8/2019 7:00 PM
15+ INFIELD S2 - Saturday 1/19/2019 5:00 PM
15+ INFIELD S2 - Tuesday 1/15/2019 7:00 PM
15+ INFIELD S3 - Saturday 1/26/2019 5:00 PM
15+ INFIELD S3 - Tuesday 1/22/2019 7:00 PM
15+ INFIELD S4 - Saturday 2/2/2019 5:00 PM
15+ INFIELD S4 - Tuesday 1/29/2019 7:00 PM

ENROLL NOW

PROGRAMS 15+

Designed for players 15 and up

CUSTOMIZABLE TRAINING PROGRAMS TO FIT YOUR NEEDS!

BUNTING AND BASE RUNNING

SESSION 1	<i>When and How to Bunt: Bunting situations with a focus on sacrifice bunts</i>
SESSION 2	<i>Drag and Push Bunting: When is a good time and how to properly execute a bunt to get on base.</i>
SESSION 3	<i>Base running from First Base: Primary and secondary leads, when is a good time to steal?</i>
SESSION 4	<i>Base running: Leads from 2nd and 3rd, going first to third and advancing from second</i>

Available classes

15 + BUNTING AND BASERUNNING S1 - Thursday 1/10/2019 6:00 PM
15 + BUNTING AND BASERUNNING S2 - Thursday 1/17/2019 6:00 PM
15 + BUNTING AND BASERUNNING S3 - Thursday 1/24/2019 6:00 PM
15 + BUNTING AND BASERUNNING S4 - Thursday 1/31/2019 6:00 PM

ENROLL NOW

TRAINING FOR AGES 12-14



TRAIN
MLBASEBALL

PRIVATE INSTRUCTION CLINICS ORGANIZATIONAL DEVELOPMENT

WINTER

TRAINING

SESSIONS

PROGRAMS 12-14

Designed for players 12 and up

CUSTOMIZABLE TRAINING PROGRAMS TO FIT YOUR NEEDS!

HITTING

SESSION 1	<i>Rhythm and timing: "Pre-swing"; movements and attack</i>
SESSION 2	<i>Barrel awareness: understanding how to deliver the barrel to the ball</i>
SESSION 3	<i>Barrel path and hand path: how do they match up and what do they mean for your swing?</i>
SESSION 4	<i>Extension through the ball: how to properly extend and drive the baseball</i>

Available classes

12-14 HITTING S1 - Saturday 1/12/2019 2:00 PM
12-14 HITTING S1 - Sunday 1/6/2019 2:00 PM
12-14 HITTING S1 - Tuesday 1/8/2019 5:00 PM
12-14 HITTING S1 - Wednesday 1/9/2019 5:00 PM
12-14 HITTING S2 - Saturday 1/19/2019 2:00 PM
12-14 HITTING S2 - Sunday 1/13/2019 2:00 PM
12-14 HITTING S2 - Tuesday 1/15/2019 5:00 PM
12-14 HITTING S2 - Wednesday 1/16/2019 5:00 PM
12-14 HITTING S3 - Saturday 1/26/2019 2:00 PM
12-14 HITTING S3 - Sunday 1/20/2019 2:00 PM
12-14 HITTING S3 - Tuesday 1/22/2019 5:00 PM
12-14 HITTING S3 - Wednesday 1/23/2019 5:00 PM
12-14 HITTING S4 - Saturday 2/2/2019 2:00 PM
12-14 HITTING S4 - Sunday 1/27/2019 2:00 PM
12-14 HITTING S4 - Tuesday 1/29/2019 5:00 PM
12-14 HITTING S4 - Wednesday 1/30/2019 5:00 PM

ENROLL NOW

PROGRAMS 12-14

Designed for players 12 and up

CUSTOMIZABLE TRAINING PROGRAMS TO FIT YOUR NEEDS!

PITCHING

SESSION 1	<i>The stretch and the Windup, Learning the timing of your delivery</i>
SESSION 2	<i>"Separation" and Torque: How to use your whole body in your delivery</i>
SESSION 3	<i>Head Position and Posture: Maintaining both throughout the delivery to aide in staying behind the ball</i>
SESSION 4	<i>Drive and Power: Moving down the mound without losing command</i>

Available classes

12-14 PITCHING S1 - Saturday 1/12/2019 1:00 PM
12-14 PITCHING S1 - Sunday 1/6/2019 3:00 PM
12-14 PITCHING S2 - Saturday 1/19/2019 1:00 PM
12-14 PITCHING S2 - Sunday 1/13/2019 3:00 PM
12-14 PITCHING S3 - Saturday 1/26/2019 1:00 PM
12-14 PITCHING S3 - Sunday 1/20/2019 3:00 PM
12-14 PITCHING S4 - Saturday 2/2/2019 1:00 PM
12-14 PITCHING S4 - Sunday 1/27/2019 3:00 PM

ENROLL NOW

PROGRAMS 12-14

Designed for players 12 and up

CUSTOMIZABLE TRAINING PROGRAMS TO FIT YOUR NEEDS!

CATCHING

SESSION 1	<i>Proper stances and receiving techniques</i>
SESSION 2	<i>Blocking the ball and keeping it close</i>
SESSION 3	<i>Throwing and footwork to second base</i>
SESSION 4	<i>Throwing and footwork to third and picks to first</i>

Available classes

12-14 CATCHING S1 - Monday 1/7/2019 6:00 PM
12-14 CATCHING S2 - Monday 1/14/2019 6:00 PM
12-14 CATCHING S3 - Monday 1/21/2019 6:00 PM
12-14 CATCHING S4 - Monday 1/28/2019 6:00 PM

ENROLL NOW

PROGRAMS 12-14

Designed for players 12 and up

CUSTOMIZABLE TRAINING PROGRAMS TO FIT YOUR NEEDS!

OUTFIELD

SESSION 1	<i>Fielding Position and Receiving: How to approach forehand, backhand, and center-cut fly balls</i>
SESSION 2	<i>Drop Steps and Angles: How to take the proper angle to various fly balls</i>
SESSION 3	<i>Throwing From the Outfield: Getting behind the ball, and "do or die" plays</i>
SESSION 4	<i>Misdirection: How to properly reroute yourself on a bad read</i>

Available classes

NO CLASSES CURRENTLY AVAILABLE

PROGRAMS 12-14

Designed for players 12 and up

CUSTOMIZABLE TRAINING PROGRAMS TO FIT YOUR NEEDS!

INFIELD

SESSION 1

Fielding Position and Receiving: How to approach forehand, backhand and center-cut grounders.

SESSION 2

Set Up and Approach: How to properly use your feet to play the ball, double play feeds and footwork.

SESSION 3

Create Hops: Taking the proper angles to set up throws and get better reads from all positions.

SESSION 4

Ground Ball Variety: How to approach various hops, throwing on the run.

Available classes

12-14 INFIELD S1 - Saturday 1/12/2019 12:00 PM
12-14 INFIELD S1 - Wednesday 1/9/2019 4:00 PM
12-14 INFIELD S2 - Saturday 1/19/2019 12:00 PM
12-14 INFIELD S2 - Wednesday 1/16/2019 4:00 PM
12-14 INFIELD S3 - Saturday 1/26/2019 12:00 PM
12-14 INFIELD S3 - Wednesday 1/23/2019 4:00 PM
12-14 INFIELD S4 - Saturday 2/2/2019 12:00 PM
12-14 INFIELD S4 - Wednesday 1/30/2019 4:00 PM

ENROLL NOW

PROGRAMS 12-14

Designed for players 12 and up

CUSTOMIZABLE TRAINING PROGRAMS TO FIT YOUR NEEDS!

BUNTING AND BASE RUNNING

SESSION 1	<i>When and How to Bunt: Bunting situations with a focus on sacrifice bunts</i>
SESSION 2	<i>Drag and Push Bunting: When is a good time and how to properly execute a bunt to get on base.</i>
SESSION 3	<i>Base running from First Base: Primary and secondary leads, when is a good time to steal?</i>
SESSION 4	<i>Base running: Leads from 2nd and 3rd, going first to third and advancing from second</i>

Available classes

NO CLASSES CURRENTLY AVAILABLE

TRAINING FOR AGES 9-11



PROGRAMS 9-11

Designed for players 9 and up

CUSTOMIZABLE TRAINING PROGRAMS TO FIT YOUR NEEDS!

HITTING

SESSION 1	<i>Stance, Hitting Position and Finish: The phases of the swing and how to properly achieve all of them.</i>
SESSION 2	<i>Transitions in the Swing: Timing and "pre-swing" movements.</i>
SESSION 3	<i>The Lower Half: How to properly establish a strong base and transfer weight through the swing.</i>
SESSION 4	<i>"Connection": What it means and how to keep it through the swing.</i>

Available classes

9-11 HITTING S1 - Friday 1/11/2019 4:00 PM
9-11 HITTING S1 - Monday 1/7/2019 4:00 PM
9-11 HITTING S1 - Sunday 1/6/2019 12:00 PM
9-11 HITTING S1 - Tuesday 1/8/2019 6:00 PM
9-11 HITTING S2 - Friday 1/18/2019 4:00 PM
9-11 HITTING S2 - Monday 1/14/2019 4:00 PM
9-11 HITTING S2 - Sunday 1/13/2019 12:00 PM
9-11 HITTING S2 - Tuesday 1/15/2019 6:00 PM
9-11 HITTING S3 - Friday 1/25/2019 4:00 PM
9-11 HITTING S3 - Monday 1/21/2019 4:00 PM
9-11 HITTING S3 - Sunday 1/20/2019 12:00 PM
9-11 HITTING S3 - Tuesday 1/22/2019 6:00 PM
9-11 HITTING S4 - Friday 2/1/2019 4:00 PM
9-11 HITTING S4 - Monday 1/28/2019 4:00 PM
9-11 HITTING S4 - Sunday 1/27/2019 12:00 PM
9-11 HITTING S4 - Tuesday 1/29/2019 6:00 PM

ENROLL NOW

PROGRAMS 9-11

Designed for players 9 and up

CUSTOMIZABLE TRAINING PROGRAMS TO FIT YOUR NEEDS!

PITCHING

SESSION 1	<i>Posture and Positioning on the Mound: The Stretch and the Wind Up</i>
SESSION 2	<i>Create "Separation" and Torque: How to use your body in the delivery</i>
SESSION 3	<i>Grips and Pitches: Fastball and changeup grips</i>
SESSION 4	<i>Throw Strikes More Consistently: Target line, balance, stride and direction</i>

Available classes

9-11 PITCHING S1 - Sunday 1/6/2019 1:00 PM
9-11 PITCHING S1 - Thursday 1/10/2019 5:00 PM
9-11 PITCHING S2 - Sunday 1/13/2019 1:00 PM
9-11 PITCHING S2 - Thursday 1/17/2019 5:00 PM
9-11 PITCHING S3 - Sunday 1/20/2019 1:00 PM
9-11 PITCHING S3 - Thursday 1/24/2019 5:00 PM
9-11 PITCHING S4 - Sunday 1/27/2019 1:00 PM
9-11 PITCHING S4 - Thursday 1/31/2019 5:00 PM

ENROLL NOW

PROGRAMS 9-11

Designed for players 9 and up

CUSTOMIZABLE TRAINING PROGRAMS TO FIT YOUR NEEDS!

OUTFIELD

SESSION 1	<i>Fielding Position and Receiving: How to approach forehand, backhand, and center-cut fly balls</i>
SESSION 2	<i>Drop Steps and Angles: How to take the proper angle to various fly balls</i>
SESSION 3	<i>Throwing From the Outfield: Getting behind the ball, and "do or die" plays</i>
SESSION 4	<i>Misdirection: How to properly reroute yourself on a bad read</i>

Available classes

NONE CURRENTLY AVAILABLE

PROGRAMS 9-11

Designed for players 9 and up

CUSTOMIZABLE TRAINING PROGRAMS TO FIT YOUR NEEDS!

INFIELD

SESSION 1	<i>Fielding Position and Receiving: How to approach forehand, backhand and center-cut grounders.</i>
SESSION 2	<i>Set Up and Approach: How to properly use your feet to play the ball</i>
SESSION 3	<i>Create a Preferred Hop: Timing the ball to set up throws and get bounces that are easier to field</i>
SESSION 4	<i>Ground Ball Variety: How to approach and successfully field and throw from various positions</i>

Available classes

9-11 INFIELD S1 - Monday 1/7/2019 5:00 PM
9-11 INFIELD S1 - Thursday 1/10/2019 4:00 PM
9-11 INFIELD S2 - Monday 1/14/2019 5:00 PM
9-11 INFIELD S2 - Thursday 1/17/2019 4:00 PM
9-11 INFIELD S3 - Monday 1/21/2019 5:00 PM
9-11 INFIELD S3 - Thursday 1/24/2019 4:00 PM
9-11 INFIELD S4 - Monday 1/28/2019 5:00 PM
9-11 INFIELD S4 - Thursday 1/31/2019 4:00 PM

ENROLL NOW