



Scope & Rope Hitting Class



**Learn your swing inside and out for greater success.
Pre and post hitting evaluation and video analysis.**



Vision Ring



Vision Rod



**Visual Mechanic
Baseballs**

- Seeing the location and trajectory of the baseball is the most important component of hitting.
- Visual routes and gaze patterns prior to ball release are unique to all hitters.
- Most mechanical problems in the swing are caused by visual misformation.
- Hitting drills with no visual challenge is ineffective training.
- Strike zone knowledge and pitch recognition are crucial for advanced hitting skills.

Date:

Friday 5pm - 6pm

Session 1 - Sept.10, 17, 24 Oct. 1, 8, 15

Session 2 - Oct. 22, 29 Nov. 5, 12, 19, 26

Price:

\$160 /*\$135

6 week session