



Team Training



5 – One Hour Training Sessions - \$99 per player

High Impact Team Training Sessions

Training led by Former Professional Players

Focus on the Big 3 - Hitting, Fielding & Throwing

Customized Training programs for each team



Frozen Ropes Nationally Certified Instructors presenting the best curriculum and teaching techniques in the industry

Visual Mechanics

Diamond Strength

Situational Play

Showtime Training

FROZEN ROPES IN THE NEWS

