



## Competitive Hitting Class (Ages 13+)

- Designed to challenge HS level hitters by training in game-like scenarios
- Track your progress like the pros do with Hit Trax, Blast Motion and video, using a test/re-test model
- Train against velocity and off-speed pitches vs. the Hack Attack pitching machine
- Develop an approach at the plate
- Further the players understanding of situational hitting
- Improve body control and body awareness through range of motion testing
- Improve explosiveness and bat speed through power training using medicine balls and overload/underload bats

### Test/re-test model:

- Week 1- Collect metrics to create a baseline showing where a hitter currently stands, compared to players his own age and players at higher levels
- Week 2- Coaches will meet with hitters and communicate their individual plan for the next 5 weeks. Begin Training.
- Week 3- Continue training.
- Week 4- Re-test #1
- Week 5- Continue training
- Week 6- Re-test #2

### Metrics tracked:

- Using Hit Trax, we will measure the changes in a players peak and average Exit Velocity, average Launch Angle, Batted Ball Distribution and Point of Impact
- Using Blast Motion, we will measure the changes in a players Bat Speed, Attack Angle, On Plane Efficiency, Connection, Time to Contact and more!

### Details:

- 6 weeks
- 2-hour session each week
- Price: \$300 (*Non-Members*), \$225 (*Outlaws/Members*)
- Blast Motion Subscription: \$25 (*2 Months*)

### Want to know more about Hit Trax and Blast Motion?

- <https://www.hittrax.com/Training>
- <https://blastmotion.com/products/baseball/#testsimplebot>