

5

Phases of a Developmental Year

HITTERS



September-October

Players Compete and Staff Evaluates:

- Can player execute adjustments?
- Was player Coachable?
- Assess player's production.
- Determine if player's hitting approach needs to be changed for the following year.



November/December

Individualize and Make Necessary Adjustments To Hitting Approaches

- 1 on 1 Lessons
- Quality over Quantity
- Specify certain adjustments and stick to fixing that certain problem

January/February

Solidify Hitting Approach & Lower Half Strength

- Winter workouts 3x/week
 - Execution Day
 - Power Day/Leg Strengthening
 - On-Your-Own Day: QR Code Workout Plan



March/April/May

High School and One on One Instruction:

- Apply lessons learned from winter work
- 1 on 1 lessons to help in season struggles or even to maintain winter work

June/July

Summer Competitive Season

- Year round service of competition & hitting training sessions to put player in the best position to succeed!

