

Sunday's 12:00pm-1:30pm January 16th-March 6th

Location: Centercourt Morristown

Price \$300 per player

Length 8 weeks

Coaches Provided 5-6

This is everything that will be included,

40 + - players

8 weeks

2 cages at both facilities

Morristown bubble 32,400 sq ft Morristown has an additional space where the cages are

Weight room

First 4-5 weeks I would provide everything based off of REPS

Each position would get their own space for individual work

Catchers- Blocking/receiving

Infielders-Infield drills/knee drills/no glove drills/backhand/forehand/footwork

Pitchers-mound work/flat ground/weighted balls/conditioning/bands

Hitting/Tee work/front toss/BP/Bunting station

Last 4-5 would be team incorporated things such as

PFP

Bunt Defense

1st and 3rd defense

Live situations with baserunners

Base running techniques/steal breaks/leads

Run downs/pickoffs

Hitting specified- specific situations to work on

Count specific hitting

Hit and run

Bunting

An explanation on different approaches in different counts

Pitchers throwing live bullpens with shadow hitters tracking/on deck guy can be tracking as well