



Hitting Lessons

Hitting Instructors:

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Hitting a baseball is the most difficult skill in all of sports. At ProBall, we have the expertise, knowledge, and experience to help you excel in this area. Our one-on-one and small group training sessions will advance your hitting mechanics, improve your consistency and give you visible results. Our unique combination of hitting instruction, video analysis, and mental coaching will propel you into the upper echelon of your competition. The following ProBall approach will help you achieve top level results:

Customized Instruction:

Too often hitting instructors utilize a cookie-cutter approach when training baseball players. At ProBall, each lesson is catered to the individual needs of the hitter. Instruction is available for beginning/intermediate through advanced/elite skill levels. Correction of common hitting mistakes

Technological advances in video recording equipment allow batters to view a complete breakdown of their mechanics, split the screen and compare their swing with other hitters. We use cutting edge computer swing analysis to help our players understand and correct common mistakes. Here are the top 3 mistakes that we encounter with young hitters: 1) dropping the back shoulder, 2) long swing (loss of bat speed and power), 3) pulling eyes/head off the ball before contact. These mechanical mistakes are often the root cause of poor hitting performance

Hitting Lessons Will Cover:

- Bat speed (swing path consistency)
- Developing power through rotational movement (controlling how the hips and shoulders are used to maximize power....too much or too little will negatively impact power)
- Timing and vision (improving pitch selection and identification)
- Hitting to all 3 fields
- Off-speed pitches (curveball, changeup, slider, etc.)
- Computerized swing analysis



Mental Game of Hitting:

Each of the “physical” components listed above can be dramatically affected by irrelevant thoughts, distractions and poor concentration, which makes the “mental” game of baseball an important qualifying factor for success. This is where the dirt road meets the pavement, therefore our training sessions often incorporate mental skills training and sport psychology. Here are some common mental game mistakes that we observe regularly:

- “Busy” Brain....not being able to tune out distractions
- Lack of aggressiveness

Ever hear a coach or parent yell “be aggressive”....sometimes wanting “it” too badly causes over-aggressiveness in many hitters (or the opposite...freezing up)....batting is a skill that requires a lot of patience. Learn to “funnel” your focus and your results will become more consistent

- Lack of confidence
- Self-critical (becoming overly emotional when performing poorly)

A Unique Service:

Both the physical and mental factors listed above can be trained. Many hitting instructors recognize the importance of the mental side but do not include comprehensive training techniques. Learning the mental side of hitting is critical for players at every skill level. ProBall has professionally trained sport psychology consultants who have the knowledge to help you improve your mental game skills (see “mental game” link for more information).

Lesson Fees:

- One private 30 minute lesson \$45-65
- Package of four 30 minute lessons \$160-240