

HITTING AND PITCHING SKILL LESSONS

Coach Rood offers both hitting and pitching skill lessons for individuals or small groups. Below is a description of each skill package:

Hitting Lessons:

The hitting lessons will focus on the mechanics of the proper swing pattern. Coach Rood will use video analysis to help make swing corrections and get young players into the proper swing pattern that fits their body type. Each participant will learn drills to do on their own to build the proper swing pattern.

Pitching Lessons:

The pitching lessons will focus on the proper pitching mechanics required for pitchers to realize their full potential and to stay injury free. Lessons will include arm care advice and drills, mechanical break-down drills, fastball and change-up development, and instruction on controlling the running game. Coach Rood will use video analysis to help each pitcher identify key components of their own individual delivery.

Ages:

Grades 2nd-8th are all invited to take lessons.

When:

Lessons are offered year round. Please contact Coach Rood (see below for contact information).

Lesson Packages:

- Individual Lessons: 6 lessons spread out over 4 weeks for \$75
- Groups of 2 to 3 Participants: 6 lessons spread out over 4 weeks is \$60 per individual

CONTACT INFORMATION:

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