



**We Help Make Dreams
Come True.**

STRIKE ZONE
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SLOW IS SLOW...NO MATTER WHAT SPORT IT IS.



On the field, the game becomes about three things:

- Hand Speed
- Foot Speed
- Bat Speed

Not every player is born with the quick twitch muscles necessary for these three important traits to become second nature on a ball field...

When it comes to baseball, speed and agility are important on both sides of the field. Speed is important in the field where hit balls must be defended. On offense, speed puts pressure on the other team and distracts the pitcher and catcher; this helps the hitter get better pitches to hit. The development of speed and agility is as vital as the development of batting power and throwing arm stability.

**IF YOU KEEP DOING THE THINGS YOU HAVE ALWAYS DONE...
YOU WILL ALWAYS GET THE SAME RESULTS. BAD HABITS BECOME AUTOMATIC**

Baseball players should not be trained to build excess bulk or muscle mass. They should focus on improving quick, reactive movements, increasing explosiveness and injury prevention, as well as improving speed and trunk rotation. This will lead to improved bat speed and ball velocity. Our Speed and Agility Training will help players with:

- **Cardiovascular Training**
 - **Stretching**
- **Medicine Ball Exercises**
 - **Plyometrics**
- **Speed, Agility, and Quickness Training**

When you translate the strength developed in the weight room with the speed developed during the plyometric training and then add proper batting and pitching mechanics, you will have a stronger, more powerful, more productive player.

SPEED & AGILITY

Speed and Agility Series

The Strike Zone would like to invite you to get a head start on your upcoming baseball season. We are offering an 12session Speed and Agility Series. These classes are designed for baseball and softball players only, and will be highly intense.

CAUTION: if you are looking for a laid back, go through the motions activity, these classes are **NOT** for you.

We have tailored our programs to meet the needs of you, the baseball/softball player. The primary goal of the preseason camps are to improve your overall athletic ability. During each session you will be taught the basic fundamentals of proper running form and technique, speed training, agility and explosiveness training, as well as, flexibility. All of these skills will help you to excel on the diamond.

All training needs to be integrated with sports skill training. You cannot do either area in isolation without leaving the player's development lacking. Players need to work closely with the Strike Zone Coaching Staff to ensure a balanced, effective training program.

- **Saturdays**
- **12 sessions of training**
- **Available for all ages**
- **Will Include Strength/Explosive Training in the weight room**
- **A take home program will be provided and two additional days of at home work will be expected.**

• **SPEED AND AGILITY**

Form running, various foot work drills, and cone drills will help to increase your ability to accelerate, decelerate, and change direction more efficiently. Also, these drills will help to improve your overall athleticism. Provide your self the ability to steal more bases, beat out more ground balls, and track down more balls in the gaps. Speed is one of the notorious "Tools" in baseball and softball that can separate you from the competition.

• **POWER**

Plyometrics are used in conjunction with strength development in an integrated program to improve the link between the strength developed in the weight room and the ability to develop explosive power, speed and agility. Through plyometric exercises you body's ability to exert force on itself or another object can increase dramatically. Some examples of explosive movements in baseball/softball are hitting the ball, stealing a base, and performing a vertical jump to take away a sure base hit.

• **STRENGTH**

With the appropriate progression of resistance exercises, including all the muscle groups, the body will continue to adapt. This will provide an overall increase in full body strength that will help player performance. Improve your athletic performance, and reduce the possibility of injury.

• **MEDICINE BALL EXERCISES**

Important for rapid powerful upper body movements to develop increased explosiveness and rotational forces.

• **STRETCHING**

Important for increased flexibility and injury prevention.

Name _____ Age: _____ Member #: _____

Telephone: _____ Cell: _____

Address: _____

City/State/Zip: _____

Email: _____

12 SESSIONS 9-10 AM:

SATURDAYS

JANUARY 9-MARCH 27

Only **\$100.00**-Member

\$125-Non Member

Total Amount: \$ _____

PAYMENT METHOD: Cash Check Visa MC Disc AMEX

Card No _____

Exp Date _____ 3 digit V-Code _____

