

GLL Training

4 Week Pitching Program 2020



When Sundays: Feb 2 - Mar 1 (OFF FEB 17)
For Players A - Major
Where TPC Baseball

Description

- 50 min classes
- 4 classes
- TPC Instructor Led
- Dynamic Warm-up
- Mechanics work
- Station Drills
- Mound Work
- Video Analysis



Expected Outcomes

Introduction to & improvement in:

- Consistent stance posture & setup
- Proper grips
- Improved Stride direction
- Improved weight management
- Custom arm plane
- Improved Glove side control
- Improved accuracy/velocity

Cost \$99
\$49 Current Elite Members

REGISTER ONLINE @ www.TPCBaseball.com/GLL-2



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