

GLL Training

4 Week Hitting Program

2020



When For Where Sundays: Mar 15 - Apr 5
Players A - Major
TPC Baseball

Description

- 50 min classes
- 4 classes
- TPC Instructor Led
- Dynamic Warm-up
- Dry Swings
- Tee Station Drills
- Front Toss, Soft Toss, Live BP
- Video Swing Analysis



Expected Outcomes

Introduction to & improvement in:

- Consistent stance posture & setup
- Proper grip & hands position
- Rotation sequencing
- Load & stride efficiency
- Bat path & plane
- Dynamic balance throughout swing
- Contact consistency & efficiency

Cost \$99
\$49 Current Elite Members

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



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