



STRUCTURE

The 14 week curriculum outline

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Week 1: Body Position

- Set-up
- Negative move
- Launch position

Week 2: Timing and Basics

- Body timing v. hand timing
- Optimizing your eyes
- How to give yourself more time

Week 3: Swing Path

- Hands inside the ball
- Extension

Week 4: Plate Coverage

- Contact points
- Inside, outside, high, and low pitches

Week 5: Comprehensive Review

Week 6: Rotational Power Pt 1

- Basics of rotation
- Importance of rotation
- Feel v. Real

Week 7: Rotational Power Pt 2

- Swing path and rotation
- upper v. lower body
- gap-to-gap hitting

Week 8: Rotational Power Pt 3

- Bat speed and rotation
- staying through the ball
- high intensity v. balance

Week 9: Comprehensive Review

Week 10: Situational Hitting Pt 1

- Batting practice round and why we do it

Week 11: Situational Hitting Pt 2

- Advanced deep dive

Week 12: Off-Speed Pitches

- What to look for
- How to recognize these pitches faster

Week 13: Pitch Recognition

- Developing an approach
- Counts and Probabilities

Week 14: Comprehensive Review