

DESIGN YOURSELF STRONG



SOFTBALL COMBINATION TRAINING

ONE HOUR OF HITTING & ONE HOUR OF STRENGTH AND CONDITIONING

Program Details

8 Weeks June 26th—August 17th
Tuesday and Thursday 12pm to 2pm
For Softball Players 13 Years and Older

\$450/athlete

Hitting Session will Focus On:

Swing Mechanics
Importance of Proper Load and Timing
Situational Hitting
Hitting for Power
Bunting
Blast Motion Swing Analysis
Pitch Selection

Strength and Conditioning Will Focus On:

SAFETY, FORM, AND TECHNIQUE

STRENGTH: Full body functional training specific to softball to increase speed, bat speed, and force production at the plate and in the field.

EXPLOSIVE POWER: Safe and effective explosive lifts and movements to increase rate of force production and rotational power specific to softball.

SPEED: Linear acceleration, deceleration, change of direction, lateral speed, and running mechanics

AGILITY: Drills and techniques to enhance foot work, foot speed and coordination.

CONDITIONING: Aerobic and anaerobic cardiovascular development specific to softball.

MOBILITY/FLEXIBILITY: Various techniques of self-mobilization, self myofascial release, stretching, and activation to improve movement.

INJURY REDUCTION: Softball specific arm care. Recognize and fix issues that may contribute to injury such as muscle weakness and imbalances, instability, and balance deficiencies.

NUTRITION: Education on what to eat before, during, and after competition to improve performance and enhance recovery.

Contact Samantha Robbins to reserve your spot at designyourselfstrong@gmail.com or 845-750-3456.

There is an 8 athlete maximum for this training. Spots will fill up quickly so Register early!



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