



OFF-SEASON HITTING PROGRAM

ALPHA BASEBALL
4503 US RT 42
MASON, OH 45040

PROGRAM STRUCTURE

OUTLINE

THE ASSESSMENT

[GATHER DATA, INTERPRET IT]

PROGRAMMING

[CREATE A TRAINING ROUTINE THAT SOLVES ISSUES FOUND DURING THE ASSESSMENT]

EXECUTION

[PLAYER AND COACHES EXECUTE THE PROGRAM]

TESTING

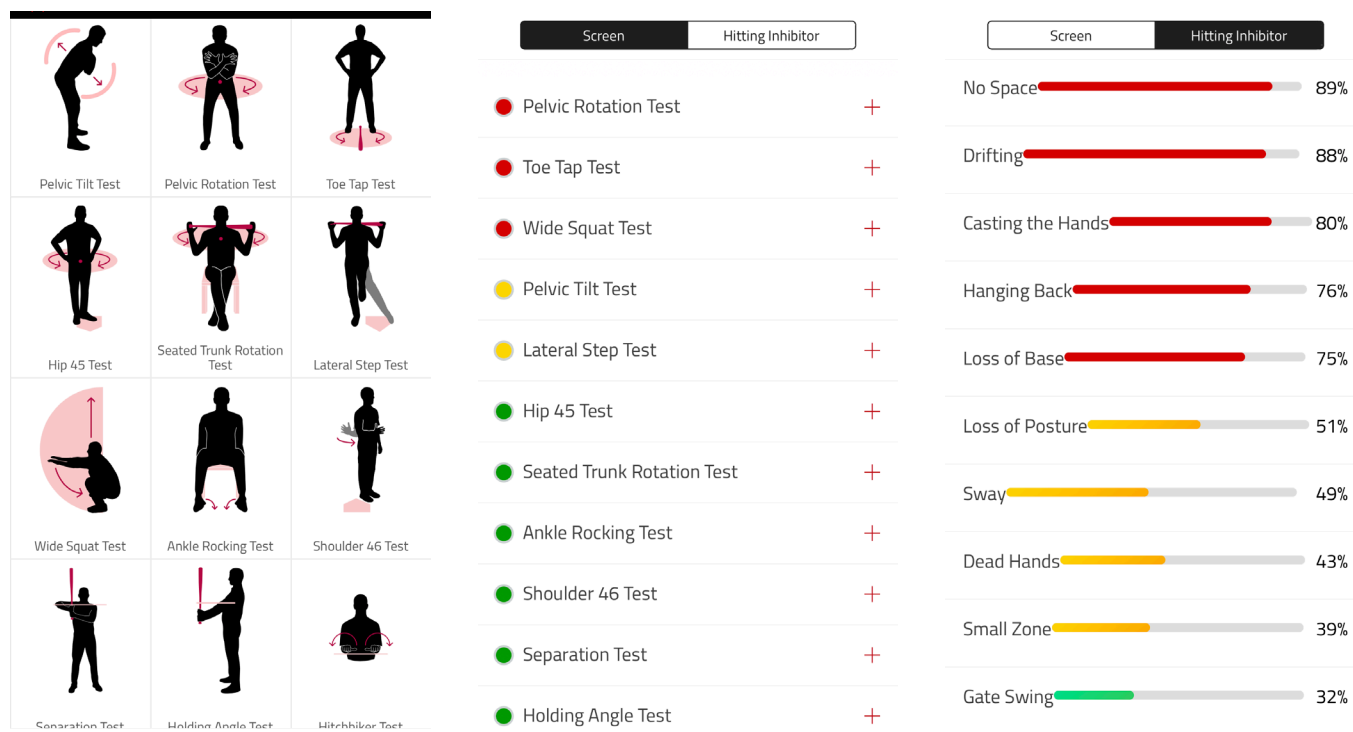
[GATHER MORE DATA, DETERMINE HOW EFFECTIVE THE PROGRAM IS, ADJUST WHEN NEEDED]

REPEAT.

THE ASSESSMENT

The assessment is multi-faceted and designed to give us the complete picture of who the player is as a hitter, and as an athlete. Using the assessment we'll understand what a player's body is currently capable of, how their body is impacting their swing, and how that swing is impacting their results. If any link in the chain is broken or out of place, we'll be able to identify it and prescribe a training program that addresses it.

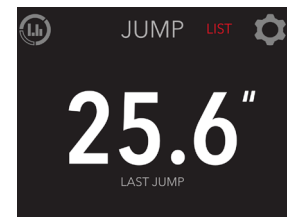
So how do we do all this? It starts with an **OnBaseU Hitters Screen**. This is a series of tests that grades a player's mobility and stability as it relates to the swing. With these results we're given the most likely swing flaws the hitter is likely to exhibit, and a process for correcting them.



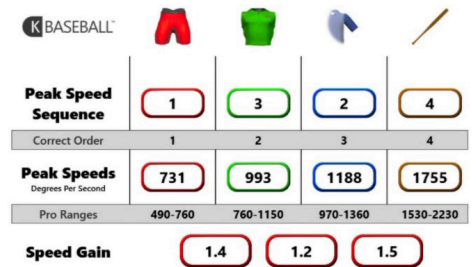
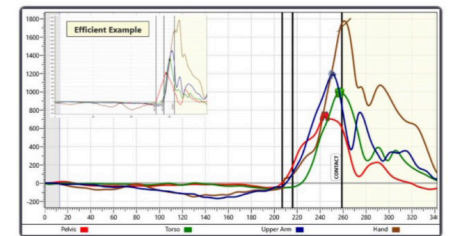
THE ASSESSMENT CONTINUED...

Although we do test for power using some metrics given to us by Blast Motion and Rapsodo, one way to determine a player's lower half power output capability and daily energy level is to test their standing vertical jump. To do this we use **Vert**, a motion sensor that attaches to the player's belt and calculates jump height.

After we've tested a player's movement capabilities with the OnBaseU Hitter's Screen and Vert Test, we connect them to our 3D motion tracking system called **K-Vest**. This system measures the hitter's body sequence and positioning throughout the swing. From this report we're able to determine if a player's body is generating force efficiently throughout the swing and if it's not, we can pin point exactly where the breakdown in energy transfer is happening.



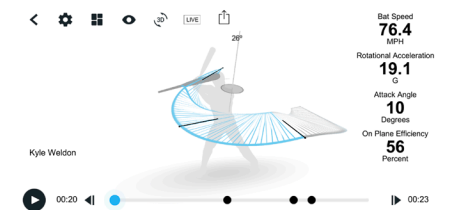
Vertical Jump Testing



KVest Report

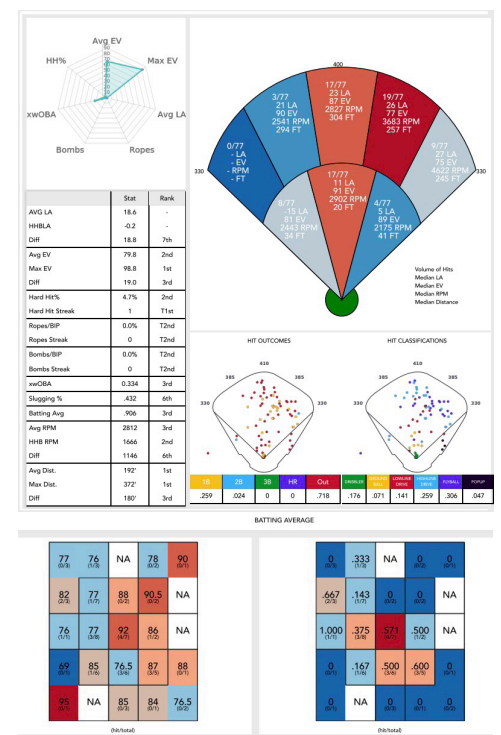
Using a bat sensor called **Blast Motion**, we collect data on the player's bat path and other swing characteristics. From this data we come to understand how a player might be limiting themselves based on the path, speed, and quickness of the bat. While we don't chase the "ideal" metrics, we certainly look for them to be within a window of tolerance. Once the swing is within the range we need it to be, it's about educating the player on how their swing should steer their approach against different types of pitchers.

Blast Motion Metrics: Bat Speed, Rotational Acceleration, Attack Angle, On Plane Efficiency, Early Connection, Connection At Impact, Vertical Bat Angle, Peak Hand Speed, Time To Contact, Power.



Blast Motion Bat Mapping

The final piece of the puzzle, and the one people are drawn to most, is the batted ball data. We use **Rapsodo Hitting** to measure the showcase metrics like Exit Velocity and Launch Angle. While a single snapshot of this data gives us limited insight into how the hitter might perform in competition, a large amount of data overtime will reveal a hitter's ability level, their strengths, and their weaknesses. We typically only use Rapsodo when the hitters are going against a machine or live arm. We do this intentionally, to keep our hitters focused on what matters, results against game-like pitching. Using Rapsodo data we help our hitters understand their control over the strike zone -- which areas they do well in, which areas they need to work on. Then we dive into how a hitter's approach can be tailored to fit what they do best. We don't want to be just swing builders, which is why a large part of our training focuses on applying the swing in a game-like environment.



Rapsodo Batted Ball Profile

PROGRAMMING

DRIVELINE TRAQ

We use software developed by Driveline Baseball in Kent, WA to program our hitter’s workouts and track progress. Each hitter will have their own profile saved to their phone. When they arrive for their workouts all they’ll need to do to get started is grab their phone, pull up their plan, and get to work. If only it worked out that simply! We know kids are going to look at some of these exercises and scratch their heads at first, which is why we’re there, to help them through the workouts and aid in their understanding of how the exercises relate to what they’re trying to accomplish in the batter’s box.

Below you’ll find a screen shot of how the workouts will appear online. This particular workout was written for a player during the COVID19 shut down so it was limited compared to what we’ll be doing this offseason.

Day Plan For COVID19 Movement Prep04/06/2020

Set	Name	Reps	Notes
<div>SkippedComplete</div>	Scorpions	5 EA	
<div>SkippedComplete</div>	A Frame	5 EA	
<div>SkippedComplete</div>	Kettlebell Activation	10	
<div>Complete all</div>			

Day Plan For ProSwing Bat Speed - Cycle 1.1904/06/2020

ProSwing - Cycle 1 - Bat Speed Workout

Name	Sets	Reps
<div>SkippedComplete</div>	O/U Open Stance - Tee	15 GR, 5 RD, 5 BL - BASE
<div>SkippedComplete</div>	O/U Step Backs - Tee	5 GR, 5 RD, 5 BL - BASE
<div>SkippedComplete</div>	O/U Around The World - Tee	2 ATW Ea Color - BASE
<div>SkippedComplete</div>	O/U Step Backs - FT	5 GR, 5 RD, 5 BL - BASE
<div>SkippedComplete</div>	O/U 2 Out 1 In - FT	5 GR, 5 RD, 5 BL - BASE
<div>SkippedComplete</div>	Regular - FT	38
<div>Complete all</div>		

April 2020

Mon	Tue	Wed	Thu	Fri
30	31	1	2	3
6	7	8	9	10
COVID19 Movement Prep	COVID19 Movement Prep	COVID19 Movement Prep	COVID19 Movement Prep	COVID19 Movement Prep
ProSwing Bat Speed - Cycle 1.19	ProSwing Timing - Cycle 1.19	ProSwing Path - Cycle 1.19	High Intent v2.0	Pull/Oppo Mix
				Testing Day



EXECUTION

The program has been written, but what does the day-to-day actually look like? First off, let's talk schedule. We'll be staggering groups every 15-30 minutes depending on the volume of players in the program. That means once one group has finished up their movement prep and feel work, there will likely be another group coming in shortly after to get their days started as well. Coaches will be monitoring each section of the facility and connecting with players to ensure they're understanding the exercises and performing them properly. This is how the flow of each day will look:

MOVEMENT PREP

This section of the program is done prior to any swings being taken. The athlete is prescribed a series of activities that address the movement limitations that are negatively impacting his swing as identified by the assessment.

FEEL WORK

Now the player moves to the tee, where he's got 2 or 3 drills that address either the swing changes he's trying to make, or reinforce the things that he does well. This section of the program is about carving out new movement patterns in the swing and learning to feel when things are going good, and when they're out of whack.

FRONT TOSS

Front toss is staple in our program progression and allows our hitters to bring new movements into the cage against a ball they must be on time with. The slower speed of front toss, as opposed to game-like speed, allows our hitters to feel out adjustments while they're being forced to keep good rhythm and timing. The style of front toss (seated, standing, overhand, underhand) changes based on what we're trying to accomplish that day, and the drills will be tailored for each player's needs.

OVERHAND BP / MACHINE

The internalization of swing thoughts is now over. We're limiting our focus now to competing against a game-like machine or BP thrower. There are times early in the program when the machine may be set at a comfortable level so our guys can work through some adjustments, but the later in the program we get, and the closer to season we get, the harder this section of the program becomes.

We understand not everyone can be in the facility everyday, which is why we've set the program up to help players who can only be here a certain range of days - from twice per week to five times. No matter how many days you come in, the program will follow the structure we've just laid out. However, what will change is the last section. The later in your week that you are, the harder the last section gets each day. So for guys coming twice a week, you might see a comfortable overhand bp on day 1, and game-like machine fastballs on day 2. For the guys that are coming in five times a week, day 1 and 2 could be comfortable bp, day 3 and 4, game-like fastballs, day 5 game-like sliders. That's just one possible scenario, but you get the picture, we have a lot of options to make things challenging.

SESSION LENGTH: 60-90 MIN

PLAYER TO COACH RATIO: 4:1

COACHES:

Kyle Weldon - Miami U, Frontier League, IMG, Cincinnati Steam, Mason HS

Marcus Davis: Florida St., San Diego Padres, Midland, St. X HS

Landon Stephens: Miami U, Atlanta Braves



SCHEDULE & PRICING

This program runs in 2 separate blocks. The first block begins in late September and runs up until Christmas. We take a break from the program until after New Years. Block 2 kicks off that first week of January and runs right up to high school tryouts in late February. Please note that Block 1 pricing is monthly, while Block 2 pricing is a one-time payment. All players must sign up for a \$25 assessment before the start of the program. This allows us to get a head start on writing the athlete's programs so we can hit the ground running on day one.

ASSESSMENT DATES (\$25)

(MUST ATTEND ONE BEFORE YOUR FIRST SESSION)

Monday | September 14th, 2020 | 6pm-9pm
Thursday | September 17th, 2020 | 3pm-5pm
Monday | September 21st, 2020 | 6pm-9pm
Thursday | September 24th, 2020 | 3pm-5pm
Friday | September 25th, 2020 | 3pm-5pm

BLOCK 1 START DATE

Monday | September 28th, 2020

BLOCK 1 END DATE

Friday | December 18th, 2020

PROGRAM DURATION: 12 Weeks

WEEKLY TIME SLOTS: Mon-Thur 5-9pm, Fri 3-5pm,
Sun 10a-12p

BLOCK 2 START DATE

Monday | January 4th, 2021

BLOCK 2 END DATE

Friday | February 19th, 2021

PROGRAM DURATION: 7 Weeks

WEEKLY TIME SLOTS: Mon-Thur 5-9pm, Fri 3-5pm,
Sun 10a-12p

2 Days Per Week

Non-Member: \$150

Member: \$120

3 Days Per Week

Non-Member: \$180

Member: \$150

4 Days Per Week

Non-Member: \$215

Member: \$180

5 Days Per Week

Non-Member: \$250

Member: \$215

BLOCK 1 MONTHLY PRICING

2 Days Per Week

Non-Member: \$260

Member: \$230

3 Days Per Week

Non-Member: \$315

Member: \$285

4 Days Per Week

Non-Member: \$375

Member: \$340

5 Days Per Week

Non-Member: \$435

Member: \$400

BLOCK 2 ONE-TIME PAYMENT

WANT TO REGISTER FOR THE PROGRAM OR NEED MORE INFORMATION?

PLEASE EMAIL OUR DIRECTOR OF HITTING, KYLE WELDON AT KYLE@ALPHABSB.COM