

BEN BERG BASEBALL ACADEMY

OFF-SEASON PLAYER DEVELOPMENT

BASEBALL DEVELOPMENT AND ATHLETIC PERFORMANCE

- Grades 8-12, August 25 – November 14 (12 week program) 5:00 PM – 7:00 PM; Monday, Wednesday, Friday
- Hitting- 5:00 PM – 6:00 PM; Monday, Wednesday, Friday
- Pitching & Defense- 6:00 PM – 7 PM; Monday, Wednesday, Friday
- Sports Performance Training- 4:00 PM–5:00 PM; Monday & Wednesday

Cost: \$1,500

Position Player Training

- Bat Speed Training
- Weighted Bat Training
- Video Analysis
- Rapsodo Data Analytics (tracking exit velocity, ball flight, and hard hit%)

Pitcher Training

- Personalized warm-up and recovery program
- Video Analysis
- Pitch design
- PlyoCare ball training & weighted ball program

Post Outcomes

Average Exit Velocity increased by 5 mph. Hard Hit % increased by 27%.

Average throwing velocity increased by 3 mph. 10 college commitments the past 5 years.

Training is with Ben Berg Academy Coaches Alec Shull and Logan Krivoruchka