

# **X2 BASEBALL**

## **REMOTE TRAINING**

- **ESTABLISH A DEVELOPMENT PLAN**
- **EXECUTE YOUR TRAINING**
- **TRACK YOUR PROGRESS**

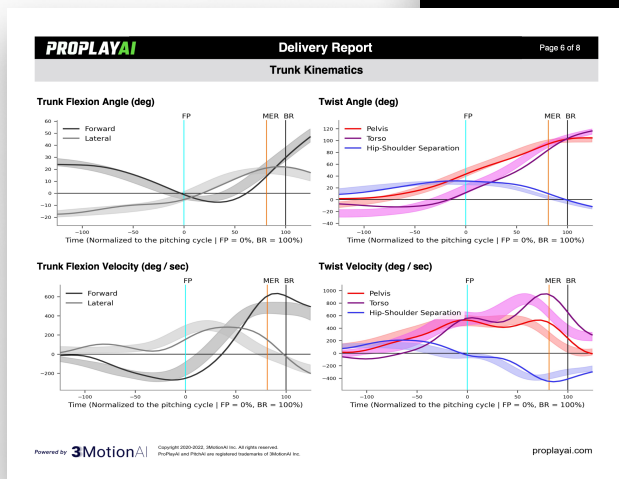


# HOW WE CAN HELP YOU

## PITCHING

- **Movement Analysis**
- **Deficiency Identification**
- **Stuff Plus Scoring**
- **Arsenal Development & Deployment**
- **Velocity Development**
- **Workload Management**
- **Schedule Coordination**

# MOVEMENT ANALYSIS + DEFICIENCY IDENTIFICATION



proplayai

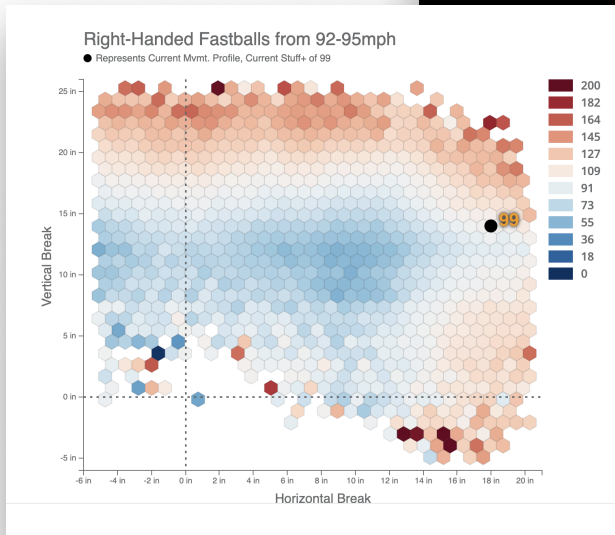
With ProPlayAI, you can capture all your windups, rotations, and stats to measure your true skill level. With real-time feedback and analysis, you'll clearly see what your strengths are and what you can improve on.

via [proplayai.com](http://proplayai.com)

## OUR PROCESS

- Using PitchAI, we are able to take a look at your movements and determine if any adjustments need to be made.
- Years of experience coupled with objective measurements provides us with the proper insights to guide this process.
- Our trainers are able to take this information, and put a plan together personalized to each athlete's specific needs.

# STUFF PLUS SCORING + ARSENAL DEVELOPMENT



Maximize spin and movement metrics while gaining insight on where you are compared to other pitchers.

## THE DETAILS



With pitch development, the end goal is to figure out ways to consistently GET BATTERS OUT.



Our goal is to understand your current arsenal, and then determine what needs to happen to get consistent outs.



Using this information we are able to take the necessary steps in developing a repertoire ideal for each athlete.



We dive into principles such as pitch tunneling, pitch pairing, hot/cold zones, and sequencing.

# VELOCITY DEVELOPMENT



Understand the necessary steps and holistic process of throwing harder than ever before.

## THE DETAILS

- Throwing harder isn't simply the process of doing a few drills and lifting some weights.
- Developing velocity is the commitment to a process that takes place over the course of a career.
- More efficient mechanics, and increased physical output are the cornerstones to more velocity.
- Our goal is to help the athlete understand this process and assist them as they navigate through it.

# WORKLOAD MANAGEMENT + SCHEDULE COORDINATION

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3-Day Upper Body Upper Body Dynam	Hitting Prep - Facility Sequencing - Facility 3-Day Total Body Dynamic Warm-Up Pre Throw Routine Efficiency Focus Recovery Day	Hitting Prep - Facility Reaction - Facility Pre Throw Routine Efficiency Focus Ext. LT. (no drills in)	1 Pre Throw Routine Burpee (no drills in)	2 Efficiency Focus	Hitting Prep - Facility 3-Day Lower Body Adjustability - Facility Dynamic Warm-Up	
4 3-Day Upper Body Upper Body Dynam		6 3-Day Total Body Dynamic Warm-Up Pre Throw Routine Efficiency Focus Recovery Day	7 Pre Throw Routine Efficiency Focus Ext. LT. (no drills in)	8 Pre Throw Routine Efficiency Focus Mound Blending B Hitting Prep - Facility Direction - Facility	9 3-Day Lower Body Dynamic Warm-Up Hitting Prep - Facility Ball Striking - Facility	10 Hitting Prep - Facility Direction - Facility Bat Speed W1 - Facility
11 3-Day Upper Body Upper Body Dynam		13 3-Day Total Body Dynamic Warm-Up Pre Throw Routine Efficiency Focus Recovery Day	14 Pre Throw Routine Efficiency Focus Ext. LT. (no drills in)	15 Pre Throw Routine Efficiency Focus Control Focus (Inou) Hitting Prep - Facility Direction - Facility	16 Hitting Prep - Facility Adjustability - Facilit Direction - Facility	17 Hitting Prep - Facility Direction - Facility Bat Speed W2 - Facility
18	19	20 Pre Throw Routine Efficiency Focus Recovery Day	21 Pre Throw Routine Efficiency Focus Ext. LT. (no drills in)	22 Pre Throw Routine Efficiency Focus Sequencing Focus (In) Hitting Prep - Facility Direction - Facility	23 Hitting Prep - Facility Ball Striking - Facility	24 Hitting Prep - Facility Direction - Facility Bat Speed W3 - Facility



Track your workouts & goals, and access a full library of all of your metrics.

## THE DETAILS



Access everything related to your training all in one, easy to use account.



Events are prioritized, and goals are established based on when you want to be at your best.



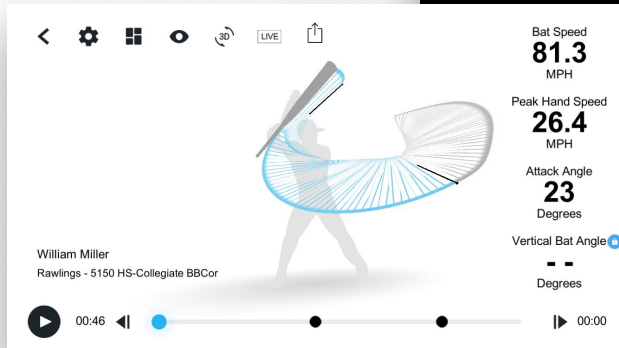
We don't assume you're making progress. We use the data to guide us towards what is most important.

# HOW WE CAN HELP YOU

## HITTING




- **Movement Analysis**
- **Deficiency Identification**
- **Ball-Striking & Barrel Control**
- **Adjustability & Decision-Making**
- **Bat Speed**
- **Workload Management**
- **Schedule Coordination**

# MOVEMENT ANALYSIS + DEFICIENCY IDENTIFICATION



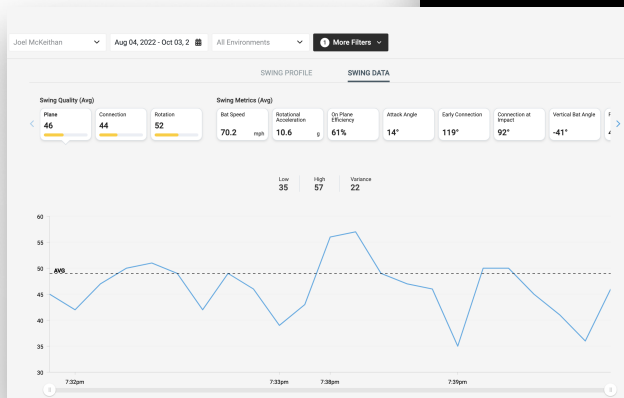
No swing is the same. Our goal is to match up the video with the data in order to create movement solutions that work for each individual.

## OUR PROCESS

-  Using video, we are able to take a look at your movements and determine if any adjustments need to be made.
-  Years of experience coupled with objective measurements provides us with the proper insights to guide this process.
-  Our trainers are able to take this information, and put a plan together personalized to each athlete's specific needs.



# BALL-STRIKING + BARREL CONTROL



Gain both a better feel and understanding for what your bat is doing throughout the course of your swing.

## THE DETAILS



One of the critical pieces to developing as a hitter is understanding how to square more baseballs up.



The cleaner that we can strike a baseball, the more energy that we can deliver into it.

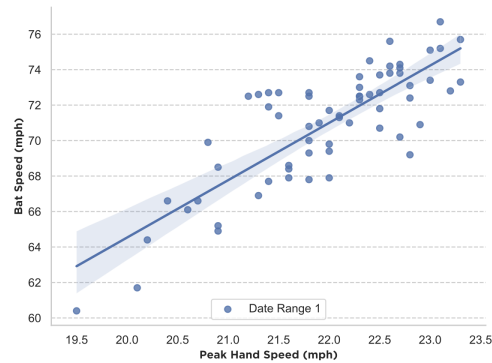


We dive into principles such as sequencing, plane, direction, and posture.

# ADJUSTABILITY + DECISION MAKING

## Batting Efficiency

A linear model of best fit with 95% shaded confidence intervals plotted between peak hand speed and bat speed



Make training more like a game in order to maximize your ability to transfer your drill-work to the field.

## THE DETAILS



The goal with hitting isn't repeating your swing, it is giving yourself options to adjust to the demands of the game.

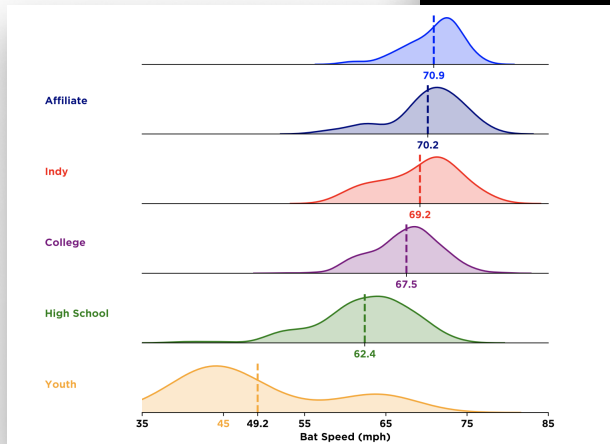


A major key in training is doing things that force the hitter to react and adjust.



Decision-making and keeping anticipation high are key components in this process.

# BAT SPEED

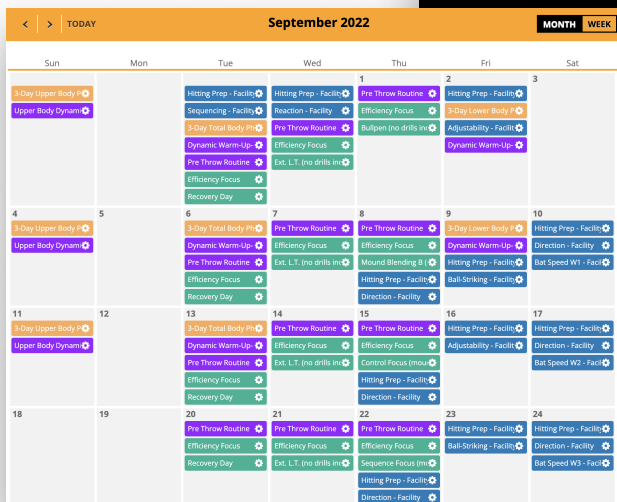


Understand the necessary steps and holistic process of hitting the ball harder than ever before.

## THE DETAILS

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# PRICING OPTIONS

<b>1</b> option   Throwing Hitting S&C	<b>2</b> options   Throwing Hitting S&C	<b>3</b> options   Throwing Hitting S&C
<b>\$199</b> monthly	<b>\$249</b> monthly	<b>\$275</b> monthly
✓ STANDARD RATE	✓ 37% SAVINGS PER OPTION	✓ 54% SAVINGS PER OPTION

## CONTACT US

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