

## CATCHING STATS



- ✓ Arm Strength
- ✓ Pop Time/ Transfer Time
- ✓ Exchange Time
- ✓ Throw Accuracy
- ✓ Caught Stealing %
- ✓ Strike Zone Analysis
- ✓ High-Speed Video w/ integrated metrics



# Primal 1 Baseball Catchers Training Program

Are you focused on taking your catching skills to another level? Join the Primal 1 catching classes. Learn from former college catcher and coach, Phil Betterly, and former college and professional catcher, Tommy Johnson. Catching classes will be offered Wednesday at 4pm. The areas of developmental focus are:

- Mobility
- Receiving
- Throwing
- Transfer/ Footwork
- Blocking

Begins Wednesday  
August 9th

While we will cover all of these, priority will be given to each individual's biggest area of need. Movement screens, video assessment, 4D motion, and Hittrax Catching Module will be used to create programs. Sign up today! Contact [debj@trainatprime.com](mailto:debj@trainatprime.com)