

HITTING STATS

- ✓ Exit Velocity
- ✓ Launch Angle
- ✓ Distance
- ✓ Point of Impact
- ✓ Play Outcome
- ✓ Strike Zone Analysis



Primal 1 Baseball Hitter Training Program

Do you want to take your hitting skills to another level? Join the Primal 1 hitting classes. Learn from former college and professional hitters, Matt Petrone, and Tommy Johnson. Hitting classes will be offered 3 times per day up to 6 times per week. The areas of developmental focus are:

- Balance
- Adaptability
- Bat Speed
- Bat to Ball Skills
- Competition

While we will cover all of these, priority will be given to each individual's biggest area of need. Movement screens, video assessment, 3d motion capture, bat sensors, force plate and Hittrax will be used to create programs. Sign up today! Contact debj@trainatprime.com