

# **Baseball Training Information**

## **“As I Know It”**

### **By Al Woods**

*“Don't Quit, Suffer Now And Live The Rest Of Your Life As A Champion .”*

*“Information is half the battle in the college recruiting process. The other half of the recruiting process is all about not screwing it up!”*

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Al Woods

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# Why Baseball Training Drills?

Baseball has a bad reputation as a boring sport. Bring up the subject of baseball with almost any group and you are sure to hear at least one person say that the game is slow or boring.

The game really is not. Yes there is some time between pitches and between innings, but once the pitcher starts his wind up, the game is pretty quick until the game is over. Batted balls come off the bat at over 100 miles per hour.

That does not give pitchers or infielders much time to react. Hitting a 90 mile per hour fastball is one of the most difficult things in sports.

You have just hundredths of a second to react and hit the ball. To do that, you must train your muscles to use the same swing every time.

When you only have a split second to hit, there is not much time to think. Pitchers have to practice their pitching mechanics over and over.

In order to consistently throw strikes, a pitcher must repeat the same motion over and over. Baseball training drills are very important for a young player.

They must learn the proper mechanics and then practice a lot. Repetition is very important when it comes to baseball.

Major league players hit hundreds of balls a day. By hitting so many and repeating the same motion over and over, they are training their muscles so that when it is time to perform, they can rely on muscle memory and not have to do a lot of thinking. They field hundreds of ground balls or fly balls.

Catchers practice their blocking and receiving every day. Pitchers throw and do their fielding and covering first base drills. Baseball players do this year round, even in season. They do countless drills during spring training and before games in season. All sports require a lot of practice.

Baseball is the sport that practicing certain fundamentals over and over really pays off for a player.

These drills can be taught in a number of ways.

There are many baseball camps that players can attend to learn new drills.

There are a number of baseball training videos that a player can watch to learn new drills. Many coaches will teach young players baseball training drills at practice so that they can go home and work on them between practices and games.

There are professional instructors that will teach a player baseball training drills for a fee. In short, baseball training drills are a must for a player to become the player that they want to be.

# The Importance of Baseball Training

What do baseball players and coaches think about during the off season? Well, in recent discussions I learned that one major topic of conversation was baseball training.

Coaches want to encourage their players to participate in baseball training and many players want to use that time to prepare for next year.

Many players decide to use the off season to improve on their playing skills. They want to play better when the next spring season arrives.

To do this, a lot of kids choose to play fall ball or they participate in winter baseball camps. They want as much training as possible, not only to improve their skills but also so they don't lose the skills they already have.

It's a good idea that all high school players consider year round baseball training. Even the younger players (ages 12-14) would benefit from wanting to take their skills to the next level. With the proper training, they would be more prepared for high school baseball.

If you're concerned about cold weather, there are indoor facilities available all over the country. In addition, a lot of schools allow student athletes to practice in the gym at certain times.

I've even seen advertisements that offer up to three day clinics during the off season at reasonable prices.

If you're in the middle of a season, take advantage of this time by improving yourself and gaining valuable experience. Find some time between games and practice to get in as much baseball training as you can. This will help you in the summer and fall seasons.

You should also consider a baseball specific workout, conditioning and a healthy nutrition program. These will all help you. If you eat poorly during the off season you'll be able to tell in the spring.

You need to be lean and strong to play well, so be sure to eat plenty of fruits, vegetables, nuts, seeds and healthy fats like avocados.

You can also benefit from baseball training by reading and watching baseball materials. Baseball is about half mental so it doesn't just require physical practice.

Look into buying good baseball hitting books and study them carefully. You'll find plenty of great tips to help you in your situation. Also watch professional games carefully to see how the pros play.

Baseball training is important for all high school players and something they should really consider if they are serious about the sport.

The off season shouldn't just be a time to relax and eat tons of bad food. Baseball should be thought of as a year round passion.

Remember that the reason to practice via baseball training is to give you skills and talent to become the baseball player you want to be.

# Catch Kettlebell Training For Baseball Craze

Over the years, many more baseball teams have started incorporating kettlebell training for baseball in their training programs.

Kettlebell weights are perfect for baseball players because of their unique grip and shape. Similar to a ball with a handle, kettlebell weights can be used by players to improve their endurance, build muscle, increase their speed and improve their game in so many different ways.

Baseball team members are constantly looking for ways to improve their game.

Kettlebell training for baseball is at the top of the list of performance enhancing exercises players use to get stronger and improve their performance on the field. Unlike traditional weights, kettlebells have a unique grip that helps players remain flexible while engaging in strength training exercises.

Since the kettlebell can be used in a swinging motion, baseball players can use the kettlebell in ways that traditional weights cannot be used.

Some of the top baseball trainers in the world use kettlebells throughout the year to get their players in top shape. Since kettlebells are flexible to use, they can be held by baseball players to practice most of the same moves they use while playing on the field.

What players like most about kettlebells is kettlebells come in different weight, so baseball players have the flexibility of changing how many pounds they want to use for each exercise.

The grip of a kettlebell allows players to strength train while using their arms, legs and entire body the same way they do when they throw a ball and swing a bat.

By performing repetitions of exercises that are specifically designed for baseball players, they will experience an improvement in their strength and performance at game time too.

Kettlebell training for baseball offers player an all-body workout while focusing on improving the strength of certain aspects of players' bodies.

That is what why kettlebells are being used by baseball players around the world. In addition to helping players improve their strength, kettlebell exercises for baseball players will also help players improve their speed.

As everyone knows, speed is equally as important as strength is when it comes to throwing and hitting a baseball.

By using kettlebells off the field, players will also improve their speed. By performing repetitions of exercises designed to enhanced strength, players will also be working on their speed at the same time.

Over the years, kettlebells have helped baseball players across the country develop the strength and stamina they need to climb to the top.

This is why so many teams are putting kettlebell training for baseball to use now more than ever. As players get better, there is nothing that cannot be achieved.

Kettlebell training for baseball helps prepare players off the field for everything that can happen on the field by giving them the tools they need to get their bodies in tiptop shape.

When it comes to baseball training, baseball players deserve the best. That is why kettlebell training for baseball is being incorporated into baseball training programs all over the world.

Unlike traditional weights that offer limited range of motion, kettlebells are the perfect fit for every baseball exercise routine.

# Baseball Training: An Off Season Plan For Hitters

1st Things First!

Commit to having a plan. With a plan, you have direction.

With direction, you get more done in less time and are more apt to get results. which makes you want stick with your plan. and repeat it even more. which gets you better quicker. get it?

But. what do I plan?

My summary is to always work on your weak points. but let's mix the fun stuff in as well. It's off season, you know it's important, but this is supposed to be fun. right!

Here's a great idea for this time of year:

Try to hit at a home training station with a batting tee or (for more fun) with a soft toss machine and get into a batting cage as often as you can during the cold and off-season months.

Better yet. use your plan to decide what to practice & how to accomplish your goals (again. one of your goals is to accomplish more with less time).

It is a game that we are playing. it's the game you chose, so why not make up your own practice rules!

Here's some examples & ideas:

Divide everything you do into 10 swings with a purpose.

Round 1 - Begin with hitting to the opposite field. count your successes. out of 10 (this might simulate driving in runners on base)

Round 2 - Take 10 swings up the middle - just for focusing on a target. count your successes. out of 10.

Rounds 3, 4 etc. examples Make it up.

play games best out of 10. Some examples: \* Hitting a long fly ball to score a runner from 3B (how many runs can you drive in. out of 10) \* # of hard hit balls. out of 10 \* # of ground balls. out of 10 \* # of sac bunts. out of 10 \* # of clean base hits. all out of 10 swings.

Lather, Rinse & Repeat

And, of course, you can have a 2nd round on any of these ideas to see how you improve. Keep your own "scorecard" on a clipboard complete with dates and your results. Add a buddy and compete against each other. make it 9 innings (9 specific "tests" or a World Series best of 7) where the winner of each test chooses the next test.

I'm just making up these examples as I am writing, you do the same.

Just note that the most important points are:

Get a plan (one that is fun. so you will want to do it regularly).

Use these games as practice tools.

Compete with yourself or other players. or even Dad.

Make up your own games. and compete, whether it's against yourself, your Dad or a teammate.

Just do it right or not at all.

The End

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