

Baseball & Softball Instruction

Precision Sports Inc. established in 2009 is in the business of enabling softball and baseball athletes to take their game to the next level.

Athletes leave each lesson with a new set of skills that they can immediately put to use.

Athletes return with a new level of excitement based on results they experienced on the field and are ready to take their game to a new level.

Precision Softball-Baseball training

- ***Hitting:*** Power, Bunting placement, Discuss bat selection, grip, stance, bat position, trigger and swing. Proper foot work, lower and upper body rotation, tracking and proper explosive swing. Proper bunting and slapping from both sides of the plate, inclusive of sacrifice, push, drag, safety, suicide squeeze. How to hit inside/outside, high and low pitches.
- ***Fielding, Catching, Throwing, & Running:*** Discussing proper stance, foot work, soft hands, hand placement, creep step, charging, short hops, angles, mental part of the game and drop steps. Infield and out field throws, crow hops, diving, lead offs banana ,curves and sliding.
- ***Catcher:*** Proper foot work, framing, blocking, signals, pick-offs, being the captain on the field. How to communicate with the ump.

Experience:

30 years playing A, B, C level softball

7 years coaching fast pitch softball at association and Elite club teams

2 years Hitting coach Bethel University fast pitch softball

Established 48 new hitting records at Bethel University

Privileged and honored to work with over 400 youth, High School, D1, D2, and D3 softball players from Minnesota and Wisconsin

Privileged and honored to work with many youth and High School baseball players

Contact

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