

Private Lesson Batting or Pitching

Get one free lesson from:

Saddleback Valley baseball

Batting lesson consists of one- 1/2-hour lesson where mechanical breakdown of your Childs individual swing is gone over during batters specific training session used by most high-level players "The classic power swing". Next we have a live batting round to expose live swing tendencies then talk about them.

Pitching lesson consists of one- 1/2-hour session where mechanical breakdown of your Childs throwing is discussed with emphasis on proven injury preventative force application is taught.

Please call:

Saddleback Valley baseball

Lon Fullmer 714-396-0071

Or [Armspeed@Cox](mailto:Armspeed@Cox.net). net