



On Deck Sports Academy

Pitching Classes – Early Spring 2012

Pitching Fundamentals:

Ages: 7 – 11

Duration: 6 weeks

Class size: 6 students per instructor

This class focuses on teaching players the mechanics necessary to throw accurately and with power. Players will be instructed on proper throwing form and will use both live throwing and dry drills to build proper pitching muscle memory.

In addition to drills in class, players will be taught drills which can be performed on their own at home.

Items covered include:

- Proper stretching and throwing warmup
- Proper front side arm motion
- Reaching balance position
- Proper stride location
- Staying closed during the throwing motion
- Proper hand and wrist motion, including ball grip
- Follow through

Intermediate Pitching Mechanics:

Ages: 11-14

Duration: 6 weeks

Prerequisites: Age based, or younger aged students who have completed Pitching Fundamentals

Class size: 6 students per instructor

This class focuses on teaching the player who has already learned the basics of pitching mechanics on improving their delivery to the plate. Instructors will analyze each player's current delivery and give instruction on how to increase both speed and accuracy. Players will be taught how to throw the changeup and cut fastball pitches. Those who already have mastery of the changeup and cut fastball may be introduced to the curve ball. Instructors will also discuss proper arm care, including user of dynamic warmups prior to throwing, and proper arm deceleration mechanics.

In addition to items covered

- Individual pitching analysis and correction
- Changeup grips
- Throwing the Cut Fastball
- Introduction to the Curveball
- Dynamic warmups
- Throwing arm deceleration mechanics



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Pitching Classes – Early Spring 2012

Advanced Pitching Mechanics:

Ages: 12-15

Duration: 6 weeks

Prerequisites: Intermediate Pitching Mechanics, or instructor approval after evaluation

Class size: 8 students per instructor

This class is for the advanced player who wishes to take their game to the next level. Our instructors tailor the instruction to each player after analysis of the first class.

In addition to building on topics in the Intermediate class, players will be taught advanced topics such as:

- Mastering curve ball mechanics
- Mental aspect of pitching
- Pitch selection and pitching backwards in the count
- Working toward batter's weaknesses
- Adding and Subtracting
- Arm strength drills, including elastic band work
- Getting the most from bullpen sessions
- Working with runners on base



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Hitting Classes – Early Spring 2012

Hitting Fundamentals:

Ages: 7-11

Duration: 6 weeks

Class size: 6 students per instructor

This class focuses on teaching players proper hitting mechanics to be able to hit the baseball consistently and with power.

Dry Drills (Form/Mirror work), Tee Drills and Soft Toss Drills will be utilized and each player will also receive live hitting in our batting tunnels each week. Players will also be given items to work on which can be performed at home.

Items covered include:

- Proper Setup, including footwork
- Bat Grip
- Swing/Bat Path
- Proper upper and lower body rotation

Intermediate Hitting Mechanics:

Ages: 11-14 (10 with instructor approval/evaluation)

Duration: 6 weeks

Prerequisites: Age based, or younger aged students who have completed Hitting Fundamentals

Class size: 6 students per instructor

This class builds on hitting skills players already possess and focuses on getting players to make consistent contact for power. Players will learn how to shorten their swing to be quicker to the ball while increasing bat speed to driving the ball further. Instructors will observe player's current swings and suggest areas where they can make improvement.

Players will be taught a number of drills, both Dry Drills (Form/Mirror work), and Tee and Soft Toss Drills that they will use both during the class and on their own at home or on the field.

Each player will also receive live hitting in our batting tunnels each week.

Video and high speed video analysis may also be utilized so that players can see their swings and areas where improvements can be made.

Items covered include:

- Shortening the Bat Path
- Swing/Bat Path
- Inside vs. outside pitches
- Staying inside the ball



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Hitting Classes – Early Spring 2012

Advanced Hitting Mechanics:

Ages: 11-14

Duration: 6 weeks

Prerequisites: Intermediate Hitting Mechanics, or instructor approval after evaluation

Class size: 6 students per instructor

This advanced class builds on hitting techniques covered in the Intermediate Hitting Mechanics class. Players will learn how to look for a specific pitch, be taught techniques for hitting changeups and curveballs, and learn to driving the ball to specific locations,

Instructors will evaluate each players individual swing and teach specific drills that can be run to make improvement.

Each player will also receive live hitting in our batting tunnels each week. In addition, each player will receive a pass to attend Open Cage at On Deck, a time when our hitting tunnels are open for players to come in and work on their swing individually.

Video and high speed video analysis may also be utilized so that players can see their swings and areas where improvements can be made.

Items covered include (in addition to topics covered in Intermediate Hitting Mechanics)

- Recognizing pitch types
- Changeup and Curveball hitting techniques
- Driving the ball to specific locations
- Mental approach to hitting



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Frequently Asked Questions

- **When are your classes offered?**
Our classes are offered based on facility and instructor availability, in addition to class demand. Please check our website or facebook page frequently to see the latest schedule.
If you are interested in specific training that we are not currently offering, please let us know and we will see about adding a class.
- **Can I get a refund if I miss a class session?**
We don't offer refunds on classes missed, but if you let us know 24 hours in advance that you will not be able to attend a particular class session, we will offer a credit for the prorated amount to a future class you enroll in.
- **What if I attend the first class and my skill level is not appropriate?**
If your player attends a class and it is determined by you and the instructor that the level is not appropriate, we will offer to move you to an appropriate skilled class. If none is currently offered, we will offer you a prorated refund before the second class.
- **Can I purchase classes on a week by week basis?**
Our instruction is meant to build on lessons that were previously taught during the previous sessions. In order to keep all players on the same page and getting the most advantage out of the class time, we encourage all players to attend each week. However, if we have space available, you may attend for a single session; drop in sessions are priced higher per week than for those who purchase the entire class package.
- **Why are your classes so much cheaper than some other facilities? Are your instructors professionals?**
All of our instructors are professional baseball instructors. Most played college or professional baseball, and many have/are coaching at either the high school, college or professional level. Our goal at On Deck is to provide quality instruction at a fair price. Our business model is based on players returning for more instruction based on the quality we provide.
We take pride in seeing players we instruct have success, both on the diamond and in life, and look forward to seeing them for many years.
- **How to I register for a class?**
You can register for a class directly through our website. Go to the "Classes" page for more information. In addition, you can call us at 925.884.3884 and we can process the registration over the phone.



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Frequently Asked Questions

- **Do you offer private or group lessons?**

Yes, we do offer both private and group lessons. If you are interested in lessons with one of our instructors, please contact us and let us know what area you are specifically looking for help with and we will match you with an instructor.

- **Do you rent your batting tunnels or facility for me to use for my team?**

Yes, we rent out batting tunnels and field area on a half-hour and hour basis. Many teams in the area use it on a regular basis to help improve their play. Rentals are available on a one-time basis, or on an ongoing basis for a discounted rate.

Drop-in rentals are available on a space-available basis, but to insure availability, we recommend booking your session in advance.

If we didn't answer your question here, please email us: info@ondecksa.com