



Legends 5-tool Enhancement Program designed for Baseball and Softball

**Overview: Program runs November - March **21 weeks of workouts
-pre testing will be done middle to end of October**

You will likely get out of this program what you put into it. Skill development is a process and typically requires relentless hard work and commitment. This program is designed for the serious athlete. Those willing to put the work in each week throughout this off season will see better results than the ones that start and stop. On average we saw an increase in throwing/hitting velocity of 5-10 mph. Athletes that were more dedicated typically saw greater velocity increases. This year we are excited to be teaming up with Genesis Physical Therapy and their sports lab at TBK to do the pre testing on all the athletes. Genesis will work alongside Legends staff to build the best program for each athlete's needs.

This program requires a lot of work, Athletes will need to be self motivating, committed and work with intent to receive optimum **RESULTS**. The program is designed for players to attend 2-3 classes a week for maximum results. These sessions will be 2 hours in length and cover most aspects of the game, with most emphasis on throwing/pitching, hitting, strength/speed/agility, with occasional fielding sessions mixed in. Each 2 hour session the athletes will spend approximately 40 minutes cycling through each of these stations- throwing/pitching, hitting and strength/speed/agility.

Each athlete will be put into a competitive atmosphere to make every aspect of this program to train with purpose. We will break this program up into 3-phases. Remember, everyone on the field is a throwing athlete. Throwing is not just for pitchers, **ALL** positions will benefit from this program. All athletes numbers will be tracked throughout the program and constantly updated for the players/families.

High school athletes already in a strength and conditioning program at their school will primarily focus on baseball specific med ball training and mobility training in order to increase the range of motion available to create velocity. Junior High athletes will be exposed to beginner's strength and conditioning focused on helping them coordinate joint movements to increase explosiveness while decreasing chance of injury.

Phase 1 - Foundation phase - This phase will be a mechanical breakdown, teaching our body how to move like an athlete and create the right movement patterns. This will consist of more drill work. Creating shoulder/hip separation through measured shoulder/hip mobility. There will be limited hitting and throwing when progressing through these phases of the program. This is the most critical of the phases, if we can teach our bodies to move more explosively everything will fall into place with the other phases.

Phase 2 - Strength phase - This is exactly what it sounds like. Now we take on a heavier load of swings and throws.

Pitching/Throwing

- Med ball training
- Weighted ball training
- Long toss program

Hitting

- Overload/underload
- Med ball training
- Learning barrel control through drills
- Weighted ball routine

Phase 3 - Blending Phase - Now it's time to put what we have learned in the first 2 phases to work.

Pitching/Throwing

- Start throwing off the mound
- Utilizing the Rapsodo - learning strengths and weaknesses
- Throwing live to hitters

Hitting

- Machine work fastballs/curveballs
- Hittrax
- Hitting live off the pitchers

If you put the work into this program you will get the results you are looking for

Ages: 9 and above

Packages: Classes - recommended for youth players **Memberships** - recommended for High School players

Sign up for a class on the schedule: 2 hour classes - approximately 35 minutes of each hitting, pitching and strength/speed/agility. Limited to 24 in each class, split up into 3 groups of the above workouts. There will be 2-3 instructors running and overseeing each class.

- 45 Classes - \$990 (\$22 per 2 hour class)
- 30 Classes - \$750 (\$25 per 2 hour class)
- 20 Classes - \$600 (\$30 per 2 hour class)

Days/Times: TBD - will be multiple time slots throughout the week and on the weekends.

*****There is no where else you are going to get a 2 hour class for this price with individualized instruction*****

Get a membership: Recommended for players that have been through the program before and/or High School players. Will have some flexibility to come and go on your own schedule during our business hours. Will have your own folder with your personal workouts. You can come get your workouts in at your own pace. There will be instructors there to answer questions but not overseeing every step of the workouts. **All athletes purchasing a membership will also receive a Level II membership (\$30 a month Value)**

- 2 month - \$450
- 4 month- \$800

Get Registered: Click on the link and purchase your desired package, you will receive the proper credits for your package before the first date of the program November 1st

~Purchase **CLASSES** [here](#)

~Purchase **MEMBERSHIPS** [here](#)

We are extremely excited about this program! With the added features this year and success in the past, this is going to make for a GREAT off season for the athletes.

If you have any questions please feel free to reach out. Cory@legendsbaseballqc.com

Thanks again

Legends Baseball/Softball Staff