



NEW WINTER MEMBERSHIPS

Become a Winter Member of AtBats Training Facility. We have new 3 Month and 6 Month options for our Winter Family Memberships Available. Maximize your training with cage and clinic discounts all winter long. *Exclusive Holiday Special Membership Available*

Click the link below to see all

[Membership Options](#)



HIGH SCHOOL HITTER DEVELOPMENT CLINIC: \$245.00

Five week semi-private High School Hitting Development Clinic with Stonehill College Assistant Coach Sean Callahan. Limited to 3 players, this clinic is better described as "private hitting lessons" in a small group. The clinic is tailored to each players level and overall developmental goals. Instruction covers proper hitting mechanics using multiple drills, demonstration and live BP. Focusing on developing a stronger more efficient swing to handle allow hitters to drive the ball through the field.

[Register Here](#)

HIGH SCHOOL SKILLS AND DRILLS CLINIC: \$195.00

Five week winter High School Baseball training program with Stonehill College Assistant Coach Sean Callahan. This fast-paced program will cover hitting, throwing, fielding and off-season conditioning exercises. Coach Callahan will take the players through all drills with step-by-step instructions so that they can learn and use the drills as part of their regular baseball training regimen, pre-season and in-season.

[Register Here](#)

HIGH SCHOOL PITCHER DEVELOPMENT CLINIC: \$225.00

Five week offseason High School Pitcher Development Clinic with professional pitcher Matt Horan. This semi-private program (3 pitchers max) is for experienced pitchers. Pitchers will learn proper strength and conditioning techniques using band work, weighted ball and "plyo ball" throwing programs. Exercises will be applied to pitching mechanics and include personalized instruction to develop velocity and control for various pitches as appropriate.

[Register Here](#)