



HIGH SCHOOL BASEBALL TRAINING

FOR SCHEDULES and ONLINE REGISTRATION [CLICK HERE.](#)

SEMESTERS: **FALL** (Sept-Oct) **WINTER 1** (Nov-Dec) **WINTER 2** (Jan-Feb) **SPRING** (Mar-Apr)

High School Hitting Clinics

\$250. Five 1-hour sessions. Max of 3 players!

Sean Callahan; Framingham State University head baseball coach.

A great opportunity to train with one of the best college hitting coaches in the region! This program provides detailed hitting instruction tailored to each player's needs. Covers proper hitting mechanics using multiple drills, demonstration and live BP, focused on developing strong hitting mechanics to handle all types of pitches and hitting situations. Sneakers or indoor turf shoes are recommended. For our current schedules and online registration visit [AtBats Training Programs](#).

Custom schedule options available for small groups; call 978-266-1766 for details.



High School 'Skills & Drills' Camp

\$200. Five 75 minute sessions with Framingham State coach Sean Callahan

Players will work through a series of college-style drills on throwing, fielding, hitting mechanics & situational hitting plus off-season conditioning. Arrive on-time and prepared for a fast-paced workout! Bring your own baseball equipment or use ours. No cleats. For details and registration visit [AtBats Training Programs](#).

Have a team or group of players that would like a custom version of this program? Call 978-266-1766.

High School Pitcher Development

\$250. Five 1-hour sessions. Max of 3 players!

**Matt Horan; Franklin Pierce University pitching coach.
Kevin McAvoy; Boston Red Sox AA pitcher.**



A great opportunity for HS pitchers to increase strength and skills this off-season! This 5 week semi-private program for experienced pitchers covers all aspects of arm care, development and conditioning. 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 personal instruction to develop velocity and control for various pitches as appropriate. For our current schedules and online registration visit [AtBats Training Programs](#).

Custom schedule options available for small groups; call 978-266-1766 for details.

Private Baseball Lessons

Hitting, Pitching, Catching, Defense and Conditioning.
For details visit [AtBats Private Lessons](#) or call 978-266-1766.