

# Baseball Training Benefits

Ever wonder how to take your game to the next level? Just practicing and playing baseball games will only carry the athlete so far. Making yourself a complete player will give you the edge you need to excel in baseball. Excel at hitting for average and being quicker to the ball, having that quick first step to be a threat on the base paths, improved hand-eye coordination and reaction time tracking the ball. Allow game 7 to turn you into a 5-tool player. Our program will challenge every athlete physically and mentally. Whether you're an athlete who wants to succeed in Little League, a high school athlete who wants to excel at the varsity level, an athlete who has aspirations of playing collegiate sports, or playing professionally, game 7 can help you gain the edge to meet your goal. Our training programs will help baseball players develop game breaking speed, power, strength, a lightning quick first step, and explosiveness. Our mission is to make you the most complete baseball player you can be.

**With game 7 the baseball player will increase speed, quickness, agility, reaction, hand-eye coordination, strength, power, and explosiveness on the diamond.**

With Game 7 the baseball player will develop:

- 1) **Speed, Quickness, & Agility:** Whether it's on defense or offense, having a quick first step will determine who has the advantage and who will make the play. Speed will determine if you are quick enough to the baseball and make the play on the diamond. It will also determine if you can leg out an extra base hit. Game 7 will train you to develop the proper mechanics necessary to develop quick feet and balance. We'll help you increase your range so you can cover more ground on defense.
- 2) **Strength & Power:** Game 7 will train you through a variety of muscle recruitment exercises so you will have the strength and power to drive the ball a long way and with authority. We'll help you maximize your strength, power, and explosiveness to drive the baseball harder, further, and with power to all parts of the field. Game 7 will train you through a variety of innovative techniques that will focus on muscle recruitment exercises, core exercises, and lower body exercises. These drills will give you the strength and power to dominate. We'll train the athlete to become more mobile and develop greater hip rotation.
- 3) **Hand-Eye Coordination & increased reaction time:** Whether you're at the plate or playing defense in the infield you have to be quick to react. They don't call third-base the hot corner for nothing. Being on your toes and having quick hands to react to a line drive, a bad hop, or to dig out a ball in the dirt will make the difference if you make the play or make an error. Be quick with your hands and wrists to turn on an inside pitch when hitting. Game 7 will guide you through a variety of reaction drills that will improve your timing. Become a gold-glover.

**Become a 5-tool baseball player with Game 7**

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