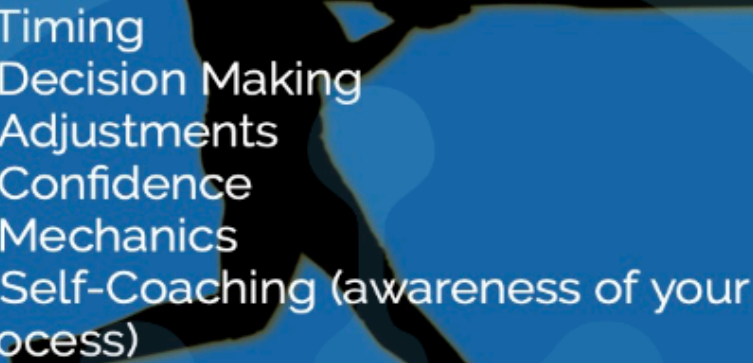


# JBS REMOTE HITTING PROGRAM

## A WHOLISTIC APPROACH TO HELPING HITTERS REACH THEIR POTENTIAL

### SIX KEYS TO BEING TO REACHING YOUR POTENTIAL AT THE PLATE!

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1. Timing
  2. Decision Making
  3. Adjustments
  4. Confidence
  5. Mechanics
  6. Self-Coaching (awareness of your process)

## USING AND EMBRACING TECHNOLOGY AS A PART OF THE PROCESS

Technology in hitting is part of the future of player development. Understanding how to implement tools available is something I understand, embrace, use daily to help hitters be their own best hitting coach.

Blast Motion, Pocket Radar, Video Analysis, and numerous other hitting tools are a part of the process in helping my hitters understand their swings and how to improve them.

And the coolest part about all this — it can be done REMOTELY thru file and streaming share app on your mobile device or computer saving you time and money!

WWW.JBSSPORTS.NET

## SIX KEYS TO REACHING YOUR POTENTIAL AT THE PLATE

### 1. TIMING

Possibly the single most important factor to consistent great hitting. Your swing may look as good as Bautista or Chamberlain off a Tee but if you cant time pitches in a game then it wont matter.

So how to develop timing? One of the best things you can do to practice timing is to constantly work on hitting up the middle or gap to gap. In addition use a variety of environments to practice this, for example use a tee, side toss, front toss, machine work, you get the point, any situation you can to practice hitting up the middle. Remember you can be early and pull pitches, you can be late and hit oppo but you must be on time to hit up the middle!

### 2. DECISION MAKING

A hitters ability to make great decisions will have a huge impact on consistency at the plate. How this relates to hitting is important --- making good decisions at the plate will be a bi-product of how ones feeling. For example if a player is feeling anxious, tentative, maybe even a little scared their ability to make great decisions will be impaired. With all this said its important a hitter works on their mindset before entering the box. If a hitter can enter the box with a CLEAR, positive focus and intention on what the opportunity holds for them, they will hopefully make better decisions on what balls to swing at or to take. IF THEY MAKE GOOD DECISIONS --- they are putting themselves in a great position to have a GREAT at-bat.

### 3. ADJUSTMENTS

Being able to make good and quick adjustments will only add to the consistency of a hitter and therefore enhance all of the six keys of being an elite hitter.

Adjustments at the plate is the ability to change what is needed to maximize positive outcomes. Adjustments can be season-to-season, tournament-to-tournament, game-to-game, at bat-to-at bat and pitch-to-pitch. The awareness of needing to adjust is the first step.

### 4. CONFIDENCE

If you are truly going to be the best you can be at a skill as difficult as hitting a softball or baseball you must figure out how to be confident in your ability to execute the skill. I say figure out because confidence is not an innate feeling or trait. It must be DEVELOPED, LEARNED, UNDERSTOOD —PRACTICED!

Confidence can can from external or internal stimuli. External sources can be past performance outcomes or teammates, coaches, parents telling OR not telling them how good they are. These external forces while VERY IMPORTANT in the process of building confidence are tricky because the player have no ability or control to change them. Building confidence internally is extremely powerful! MANUFACTURING CONFIDENCE COMES FROM PREPARATION, PRACTICE and HARD WORK!

### 5. MECHANICS

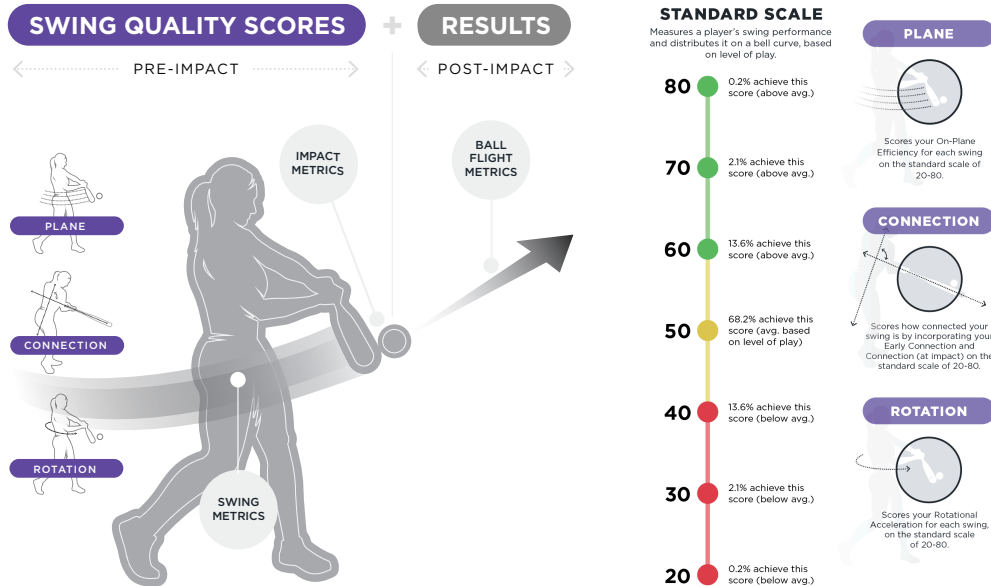
If you want to gain a mechanical advantage as a hitter you must have solid movement patterns. Having good mechanics will remove barriers to excel at hitting as an athlete. Likewise holes in your swing will create barriers that your athleticism will have to overcome. To reach your potential you will need to find your mechanical advantage!

### 6. SELF-COACHING (awareness of your process)

I often say to my hitters—“Be your own best hitting coach, after all you will be there for every swing you take. “ Not sure where I heard that first or some variation of it but I know it stuck with me. A hitter must understand what they're trying to achieve both physically and mentally with their swing and hitting process. They need to be their own best hitting coach

## TECHNOLOGY CAN HELP YOU GET BETTER AS A HITTER!

The Blast Solution is simply one of the best tools for hitters to take responsibility of their own swing. All JBS Hitters will use this technology to get better! The Blast metrics I focus most on include Bat Speed, Attack Angle, Plane, Rotation & Connection. **BLAST IS NOT REQUIRED FOR REMOTE LESSONS!**

**BLAST SOFTBALL - QUICK REFERENCE****SWING METRICS: IDEAL RANGES**

On Plane Efficiency %	Rotational Acceleration	Early Connection	Connection at Impact
<b>70% or Higher</b> Range: 65% - 85%	<b>Greater than level of play avg.</b> Pro: 10.0g, College: 9.2g, Travel: 8.0g, HS Varsity / JV / Recreational: 8.0g	<b>Target: 90°</b> Range: 80° - 105°	<b>Target: 90°</b> Range: 80° - 105°

**IMPACT METRICS: IDEAL RANGES**

Level	Pro	College	Travel Ball 16U - 18U	High School Varsity	High School JV	Travel Ball 12U - 14U	Recreational
<b>Bat Speed</b>	57 - 63 MPH	57 - 66 MPH	51 - 61 MPH	51 - 61 MPH	42 - 56 MPH	38 - 52 MPH	32 - 46 MPH
<b>Attack Angle</b>	3° to 15°	2° to 15°	0° to 15°	0° to 15°	-2° to 15°	-2° to 15°	-2° to 15°
<b>Vertical Bat Angle</b>	-10° to -40°	-10° to -40°	-10° to -40°	-10° to -40°	-10° to -40°	-10° to -40°	-10° to -40°
<b>Time to Contact</b>	0.15 - 0.18 seconds	0.15 - 0.18 seconds	0.16 - 0.19 seconds	0.16 - 0.19 seconds	0.16 - 0.22 seconds	0.16 - 0.22 seconds	0.18 - 0.25 seconds
<b>Peak Hand Speed</b>	18 - 20 MPH	18 - 21 MPH	16 - 20 MPH	16 - 20 MPH	14 - 22 MPH	13 - 21 MPH	10 - 18 MPH
<b>Power kW</b>	2.05 - 2.77 kilowatts	2.02 - 2.90 kilowatts	1.48 - 2.31 kilowatts	1.48 - 2.31 kilowatts	1.25 - 2.45 kilowatts	0.80 - 2.20 kilowatts	0.60 - 2.05 kilowatts

blastmotion.com

[www.jbssports.net](http://www.jbssports.net)

## BAT SPEED & BALL EXIT SPEED — Whats the big fuss?

All hitters should work on increasing both bat speed and ball exit speed. They are very different but can have some correlation. Bat Speed is pre-impact metric that measures how fast the barrel travels. Ball Exit is a post impact metric that measures how fast the ball jumps off the bat. Ultimately ball exit is a more important factor to ones ability to hit for power. However bat speed can be a bigger factor in ones ability to make consistent contact.

## How does the remote development program work?

The JBS RDP (remote development program) utilizes technology and communication to create a tremendous opportunity for hitters to reach their potential without the costs and expense traveling long distances for in-person lessons.

### EXAMPLES of REMOTE DEVELOPMENT for MONTHLY SUBSCRIBERS

Thru the app COACH NOW (free to athlete) hitters have their own online space and can receive feedback and direction anytime they ask for it! There is NO specific time for discussion and analysis! In addition parents and other coaches can be a part of the same space so they can play an active role in the development

For example a hitter can upload a game-swing, I will then analyze it in the app and leave comments on what went right or wrong. In that same discussion we can talk about drills to help the correction.

I will work directly with athletes in designing game-plans and drills each month. There will be video examples of drills to help athlete understand what they are trying to feel. In addition if a hitter uses Blast technology we will incorporate that into the teaching s for even deeper learning!

In addition athletes will receive one 45 minute Zoom remote lesson per month so that we can did deep into drills and corrections.

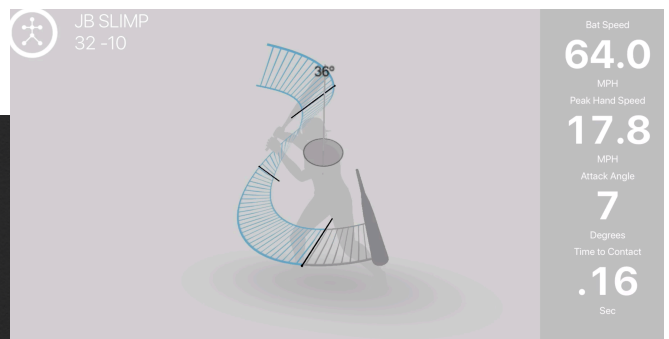
The RDP is a monthly subscription, not a per event payment like traditional lessons would be. For \$75 per month players will have access to learning 24/7, all month long. There is no limit to interactions. Students will have access to me whenever needed.

I look forward to working with hitters in a whole new and exciting way! Save time driving and spend it hitting right from your garage or wherever you like to work out!

SIGN UP NOW HERE: [www.jbssports.net](http://www.jbssports.net)

For additional questions please email or text me here:  
[jbssportsproductions@gmail.com](mailto:jbssportsproductions@gmail.com) / 512-789-6514

<b>WORKOUT #1 / 30 minutes / C...</b> 10/1/19 1.Click Moves x 10	Shoulder Swings GOALS / PLANE SCORE 60+ / OPE = 70%+ / VBA = -24 / Power 2.5 + - from shoulder / no stride x 20 - 2' lift from shoulder / no stride x 20 - normal hand set / no stride x 20 - add legs + 20
<b>WORKOUT #2 / 30 minutes / Plane Fo...</b> 9/24/19 Shoulder Swings	
<b>AXE WORKOUT (30 minutes) 105 Swi...</b> 9/24/19 Crossover Armband Work x 8 min	PLANE ASSESSMENT x 10 90%+ Bat Speed BAT SPEED CHALLENGE x 10







I look forward to this journey with you! remember... Every swing will take you somewhere, either it will advance or detract from your goal of being the best you can be at the plate!

#### WANNA HIT?

Follow me on social media:

##### WEBSITE

<https://www.jbssports.net>

<https://www.diamondperformancetraining.com>

##### LINKS

Blast Motion: <https://blastmotion.com/products/softball/>

AXE Speed Trainers: <https://axebat.com/collections/speed-trainers>

JBS SPORTS PRODUCTIONS: <https://www.jbssports.net/wanna-hit>

##### TWITTER

@jbssports

@jbslimp

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##### INSTAGRAM

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diamond\_performance\_training


jbslimp

##### FACEBOOK

@jbssportsproductions

@diamondperformancetraining

@jbslimp



## JBS SPORTS PRODUCTIONS

### REMOTE LESSON TRAINING

- Monthly Subscription - \$75
- 45 Minute Live Remote Lesson
- Lessons are recorded and available online for 24/7 Streaming
- Free Coach Now Account
- Weekly Video Analysis
- Unlimited interactions thru Coach Now chat and messaging
- Access to Drill Library

#### Single Lessons

- 30 Minute Live Remote Lesson - \$40
- 45 Minute Live Remote Lesson - \$50

Lessons are recorded and available online for 24/7 Streaming

#### Lesson Packs

- 4-pack of 30 minute lessons - \$140
- 4-pack of 45 minute lessons - \$180

Feel free to ask about extended time lessons, or small group options.

**ALL IOS / ANDROID APPS NEEDED FOR REMOTE LESSONS ARE INCLUDED FOR FREE.**