

Mike Alberts

-17 Year MLB Scout

(Blue Jays, Nationals, Expos)

Call or Text: 1-774-329-9875 to get started!



IMPROVE HITTING PERFORMANCE, METRICS & RESULTS

REMOTE HITTING COACH

- Full Initial Hitting Analysis: Using video, Metrics & Stats
- Highlights strengths, weakness & creates an action plan

Daily Dry Swing Program

- Each dry swing should have full approach (Load of weight & hands)
- Swing with 100% Batspeed & hold the finish (Balance Position)
- Player will video dry swings & send to Mike for analysis
- Player will fill out dry swing daily log to track progress

In-Game Hitting Logs

- After each game, players complete the game log, charting the outcome of each at bat with notes
- Example: "Swung at first fastball and lined out to CF"

Unlimited Communication

- Call, Text or Email anytime to go over recent games at bats or trainings

Social Media & Video

- Assistance in editing & creating video content for social media

Metric Charting

- Charting exit velocity with an understanding of why "Exit Velo" increases or decreases

Hitting Program is limited to 20 Players

\$279 - Initial Analysis & Action Plan

\$149 - Per Month