



# BECCHETTI BASEBALL ACADEMY

## YOUTH PACKAGE

### ATHLETE PROGRAMMING

- **In-Person Baseball Training:** Work with Coach Mike Becchetti directly up to 1 session per week located in Westchester, NY
- **Personalized Hitting Programming:** Tailored to each athlete's mechanics and goals
- **Driveline Training:** Access to Elite Training Tools Guaranteed to Increase Bat Speed, Power, and Precision.
- **Custom Fielding Program:** Focused on positional mastery and consistency
- **Throwing Program:** To build arm strength and prevent injury
- **In-Game Hitting Approach:** Development to sharpen real-time decision making

### STRENGTH & CONDITIONING

- **Year-Round Strength & Conditioning Plan:** Tailored to youth players.
- **Body Weight Training:** Along with coordination development training

### MENTORSHIP

- **1-on-1 Mentorship:** With experienced coaches and former players who've competed at the highest levels
- **Weekly Check-Ins:** For accountability, adjustments, and support
- **Video Analysis:** With breakdowns of mechanics and technique
- **Character & Culture Building:** Instilling discipline, work ethic, and respect for the game
- **Mental Skills Training:** Confidence building, focus techniques, and managing adversity

### AAU BASEBALL & HIGH SCHOOL PREPERATION

- **Guidance:** On choosing the right travel program based on skill level, exposure opportunities, and player development
- **Coach Communication Tips:** Best practices for players and parents on how to professionally engage with coaches and organizations
- **High School Tryout Preparation:** Position-specific drills, mental approach, and checklists to help players stand out