



## Is it time to start winter training?

If you are like me, from North of the Mason-Dixon line, it's getting a bit chilly to spend a lot of time outside. I know December is a busy month and many teams take part of the month off but in January it's time to get started thinking about the spring and what it's going to take to make your team or you better.

If this newsletter we will point you to some articles that will definitely interest you, talk a bit about deliberate practice and introduce our newest product, the training lace. So, please continue to read and we hope this benefits you.

## Articles for Your Improvement

Can you train hitters to recognize pitches quicker? Peter Fadde totally believes it will improve your hitters. [Take a look at some of his tweets here](#) and make your own decision.

We said we would talk a bit about deliberate practice. [Take a look at this twitter site](#) to introduce you deliberate practice and why it is so important.

And here is [The Beginner's Guide to Deliberate Practice](#) In some circles, Ben Hogan is credited with "inventing practice." For Hogan, every practice session had a purpose. He reportedly spent years breaking down each phase of the golf swing and testing new methods for each segment. The result was near perfection. He developed one of the most finely-tuned golf swings in the history of

the game.

And finally, for you golfers (but this also applies to any athlete) Whether looking to improve your golf or your fitness, the most important thing you can do is identify your limitation. Tough to get better if you don't know what to work on. [Read the tweet here.](#)

## The Training Lace

Howell To Sports would like to introduce you to our newest product, [the Training Lace](#).



*5, 8 + 12 oz Training Package*



*5 + 8 oz Package*



*5 oz Training Lace*

- Corrects form
- Dramatically increases shot speed and power
- Shoot more accurately and make harder passes
- Developmentally appropriate for all

- ages
- Superior Flexibility
- 
- Bends to any size shaft
- Soft vibration absorbing foam sleeve
- Multiple Colors: Dark Blue and Pink
- Perfect for Multiple Sports: Lacrosse, Baseball, Field Hockey, Tennis and Golf

This is an excellent training product for increasing both throwing and swinging velocity, whether in baseball, softball, lacrosse or any other swinging sport.



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