

Softball Hitting Instruction with Coach Wajda

Whether your Player is a young player who is looking to develop a fundamentally sound swing or a more advanced player who's goal is to fix a flaw or improve her skills to get to the next level, we will develop a custom plan to help her meet her goals.

Focus of practice sessions:

- Gain an understanding of the fundamentals of a solid swing and drill work to get them there.
- Video analysis of swing to improve self awareness.
- Customized drills and practice plan to improve or enhance specific areas of need.

Taking advanced players to the next level:

- Learn the mental aspect of hitting to gain an advantage
- Adjusting to the off-speed pitch
- Developing an approach that yields the best chance for success each time you enter the batters box.
- Zone Hitting
- Situational Awareness

Details:

Sessions last 1Hr to 1.15Hrs

Indoor and outdoor availability in the Worthington area

Session cost: \$40

Semi-Private(2 players): \$65

Contact Matt to schedule: mattwaj1@gmail.com

or 614-893-7153

Coach Wajda was a 3-year baseball starter at Ohio State, won a Big-Ten Championship, and was selected 1st team All Big-Ten in 1991. He has over 8 years of successful coaching experience , both professionally and voluntary, with players ages 8 thru high school.