



More About Private Lessons

What should I expect out of private lessons? Private lessons are a great way for players to receive the training and instruction best suited for their skill level, personality and personal goals. Baseball and softball are games of repetition and, let's face it, it's difficult to get the individualized instruction and quality and quantity of reps needed during team practices and games. 1 on 1 training outside of practice provides players with the opportunity to get the reps and feedback that will help accelerate their growth and maximize his/her skills. The player must understand though, that private lessons are a part of continuous learning process that takes time. Lessons are not a quick fix. High level skills are developed over time through consistent, right repetition until the movements become habits that can be performed under pressure in a competitive environment.

How often should I schedule private lessons? There are many different scheduling scenarios for private lessons. The most effective scenario is to set up your lessons on a consistent schedule. Players will not benefit much if they are coming in once every couple of weeks. Again, baseball and softball are games of repetition, which is why players need to be getting those repetitions by training on a consistent basis. Some players feel they need to come in several times a week and others only once a week. The most important thing is that you're coming in consistently. The longer the gap between lessons, the longer it will take to see or maintain any meaningful change.