



Scope & Rope Hitting Class



120 Kenyon Dr.
Lakewood, NJ 08701

**Learn your swing inside and out for greater success.
Pre and post hitting evaluation and video analysis.**



Vision Ring



Vision Rod



**Visual Mechanic
Baseballs**



- Seeing the location and trajectory of the baseball is the most important component of hitting.
- Visual routes and gaze patterns prior to ball release are unique to all hitters.
- Most mechanical problems in the swing are caused by visual misformation.
- Hitting drills with no visual challenge is ineffective training.
- Strike zone knowledge and pitch recognition are crucial for advanced hitting skills.

Contact us for time and date.

lakewood@frozenropes.com
Tel: 732-363-8913

**Tuesday & Friday
5pm - 6pm
6 week session-\$160/ *\$135**