

3K Swing Club

(On-site and Off-site)

WHAT IS IT?

There are seven parts to the swing that include:

1. Stance/Load
2. Timing
3. Tempo
4. Tracking
5. Approach
6. Contact
7. Extension/Finish

It takes 3,000 reps to build a habit. That's 21,000 reps to build a habit (August-October). Another 21,000 to convert that habit to a skill (November-January) and another 21,000 reps to maintain it (May-July).

The 3K Swing Club is a 60-minute session of small group (on-site) or individual (off-site) development. This program teaches hitters how to practice and builds strength. Hitters rotate through multiple stations within the 60 minutes. 3K is offered August through January. August, September & October are assessment months. November, December & January are building habits & strength months.

Each player will receive at least 200 reps during each 1-hour session. Sessions are available for registering 4 days a week. Number of sessions weekly are optional. Our player development methodology recommends 3,000 reps by participating in no less than 15 sessions during each 3 month development cycle (August, September, October & November, December & January).

Why it's important

3K is important because it allows you to get many reps uninterrupted by coaches. It holds you accountable for learning information taught during Private Instruction sessions. It also isolates the swing into parts and builds habits based on the specific parts of the swing.

Benefits/Results

You will build habits, strength and awareness. Habits so you can execute without thinking. Strength so you can execute without physically forcing results to occur. Strength also helps you play more games while gaining much needed experience as a hitter. Awareness so you can know what you did wrong and the exact adjustments you need to make.

Diamond Directors Recommended Toolbox Equipment

Gray Cook Band

Level 2 (age 8-13)

Level 3 (age 14+)

Quantity needed: 1 based on age

[LINK TO PRODUCT](#)

First Place Lateral Resistance Band

Light (age 8-13)

Medium (age 14+)

Quantity needed: 1 based on age

[LINK TO PRODUCT](#)

Bosu Balance Trainer

Pro (age 8+)

Quantity needed: 1

[LINK TO PRODUCT](#)

Duraband Complete Baseball Trainer (DCB)

Quantity needed: 1

[LINK TO PRODUCT](#)

Swing Away Machine Limited Edition Pro

Baseball Traveler

Quantity needed: 1

[LINK TO PRODUCT](#)

Hitting Jack-it Weighted Bat Jacket Set (9oz, 12oz & 16oz)

Quantity: Purchase each of the three

Hitting Jack-Its

[LINK TO PRODUCT](#)

Dartfish Express by Dartfish

[LINK TO PRODUCT](#)

Coach C.J. will prescribe your 3K Drills via Dartfish for the week each Sunday by 9pm.