

Epstein Hitting, Inc. 2019 Highlands Ranch, CO Certification Training
Itinerary/Schedule of Events: September 14 -15, 2019

Training Location for all days:

Warriors Field House

8160 Blakeland Drive

Highlands Ranch, CO 80125

Saturday, September 14th

- Location: Warriors Field House
- 9:30 am: Introduction - How the Epstein System Works
- 9:45 am: K-Vest, Blast Motion and Rapsodo Assessment (New for 2019)
 - We will have 1-2 players utilizing above technology to determine player strengths and weaknesses.
- 10:00 am: Complete demonstration of K-Vest Technology
 - Led by K-Vest Expert (from Chicago)
 - How to evaluate the kinetic chain
 - How to train and fix issues with the kinetic chain to maximize power
- 12:00 pm: 60 minute lunch break (on your own)
- 1:00 pm: Begin set-up positions for 7 Session Program
 - Tee Work/Swingaway (Stressing BAT DRAG and CASTING Issues with every drill)
 - Grip (flat palms vs. bottom hand turned back)
 - Hand location for set-up and launch
 - Feet positioning w/Heavy bag/Tee/Swingaway
 - Beginning contact position
 - Upper Body Isolation Drills
 - Proper footwork (and knee work) vs. squishing or spinning
 - Ground Force
 - Top/Bottom Hand Drills (1 knee and standing)
 - Talk about narrow stance (long stride) transition to normal
- 3:00 pm: Continuing drill program
 - Small Ball Machine/Lite Flite and ImpactBat
 - No stride technique
 - Anti-bug squishing drill
 - Address Bat Drag Drill
- 4:30pm – 5:30pm: Estimated Wrap-Up Time

Sunday, September 15th

- Location: Warriors Field House
- 9:30am CAGE AREA: Stride and Weight Shift (from no stride)
 - Timing Adjustment Drill
 - Hesitation Drill
 - Early-Slow Stride to help keep front shoulder down
- 9:30 am CLASSROOM: Swing Reviews
 - MLB swing breakdown
 - Launch, approach, contact, powerV and follow-through
 - **Bring clips of your kids (players) to review as a group (mp4 or m4v format is best)**
 - Amateur player problems and fixes (going back to all our drills)
- 12:00 pm: LUNCH (I will bring lunch in for everyone)
- 12:45 pm: Motion Analysis Training
 - How to use different apps or CPU software
 - Streaming with iPhone and iPad with AppleTv
 - Using Apps for on field annotations
 - Blast Motion Sensor and Platform
 - How to break down player flaws via video
 - How to utilize Epstein Online Academy for your teams/leagues/students
- 2:45 pm: How to perform player evaluations
- 3:30 pm: Team/Group Instruction
- 4:00 pm: How to team up with EH for camps?
- 4:30pm: Q & A
- 5:00pm: Dismissal

Additional:

- We cover a ton of information during the training, so be sure to bring note pads and pens
- Feel free to bring computer, iPhone and iPad
- Please DO NOT purchase any new technology prior to the training, as we will go over all the different video options and hitting technology to find the best one for you and your situation.