

Epstein Hitting Coach Certification Training

December 4-5, 2023

Training Location for all days:

University of South Carolina Softball Stadium

197 S Marion St.

Columbia, SC 29205

[MAP](#)

MONDAY, December 4th

- Location: Carolina Softball Stadium Indoor Facility (Right Field Line)
- 9:00 am: Introduction - How the Epstein System Works
- 9:30 am: Technology 101 - Learning the basics
 - 3D Body Motion Capture (K-Vest)
 - What is body doing
 - 3D Bat Motion Capture (Blast Motion)
 - What is bat doing
 - Launch Monitor (HitTrax)
 - What is batted ball doing
- 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, standing, lite flite)
 - Talk about narrow stance (long stride) transition to normal
- 3:00 pm: Continuing drill program
 - Small Ball Machine/Lite Flite and Flat Bat
 - No stride technique
 - Proper foot movement
 - Bug Squishing vs. too much movement
 - Addressing Bat Drag in depth
- 4:30pm – 5:30pm: Estimated Wrap-Up Time

TUESDAY, December 5th

- Location: Carolina Softball Stadium Indoor Facility (Right Field Line)
- 8:30am CAGE AREA: Stride and Weight Shift (from no stride)
 - Timing Adjustment Drill
 - Hesitation Drill
 - Early-Slow Stride to help keep front shoulder down
- 10:00 am CLASSROOM: Swing Reviews
 - MLB/NCAA Swing Breakdowns
 - Launch, approach, contact, powerV and follow-through
 - **Bring clips of your kids (players) to review as a group (mp4/m4v format)**
 - Amateur player problems and fixes (going back to all our drills)
- 12:00 pm: LUNCH (I will bring lunch in for everyone)
- 12:30 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
- 1:30 pm: How to perform player evaluations
- 1:45 pm: Team/Group Instruction
- 2:15 pm: How to team up with EH for camps?
- 2:30 pm: Q & A
- 3:00pm: 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.
- You can video segments of the training, just no posting video to social media