



Baseball Training the Right Way in the Off Season

1. **Repetition the Right Way** - Training with an instructor or multiple instructors who can monitor your progress and develop drills for you can help you take the next step with your mechanics going into the next season.
2. **Train in Competitive Situations** - Simply hitting off the tee or playing catch is not enough for players looking to improve during the offseason. Training in situations that are at least as challenging, if not more so, than the situations you end up in during games is imperative to be able to walk onto the field and succeed when the new season rolls around.
3. **Improve Your Physical Ability** - Eating healthy and building up strength and stamina shouldn't just be something you do in season. Not playing in as many games should free you up to get stronger and more athletic on a day to day basis.
4. **Make Your Weaknesses Your Strengths** - Have trouble hitting a curveball? Don't throw hard enough off of the mound? Focus on the weakest parts of your game during the offseason to become the most well-rounded player possible.
5. **Be A Student of The Game** - From TV to YouTube, baseball is accessible to almost anyone who wants to learn. Watch what the best in the game do and attempt to learn from it.