

John Jancuska's



Group Hitting Circuit Instruction at LTA

Why Is Proper Practice So Important?

Hitting the baseball is the "Hardest Thing to do in Sports". As the head baseball coach at UMBC for 34 years I have seen thousands of very good youth league and high school players who struggled at the next level due to swing mechanics issues and bad hitting habits.

I believe that there are certain mechanics in the swing that must be mastered as a young player in order to succeed at the highest level. One of the worst things that a young hitter can do is practice with bad hitting habits. In order for a player to succeed at the highest level he must "repeat" a proper swing over and over. If a player has problems with his swing mechanics and continues practicing those "poor habits", it will be very hard for him to overcome them as he gets older.

When you participate in my 90 minute hitting circuit you will be receiving instruction that helped produce 65 different collegiate hitters achieve a .300 or above career batting average. We will work personally with each player and help them make the adjustments necessary to succeed at the highest level.

90 Minute - 6 Station Hitting Circuit - 4 & 6 Week Sessions

Station 1: Stance – Load – Stride – Dry Swing Mechanics Station
Station 2: T-Station – High T
Station 3: T-Station – Regular Height
Station 4: Front Short Toss Station
Station 5: Live/or Machine Station
Station 6: Strength Development Station

Week 1 : Coach Jancuska Instructional Session

Mental Approach to Proper Hitting Practice !!
Building the Stance
Pre-Swing Loading and Stride
Proper Swing Mechanics
Circuit Hitting Station Instruction
Strength Training Instruction

12 Player Limit
10 Minute Per Station
15-20 Swings Per Player/Per Station
90 – 100 Swings Per Session

Week 2 - 4: ABD Staff Individual Coaching/Instruction
At Designated Stations

Upcoming Sessions

Session 1: Saturday Feb 4, 11, 18, & 25
Saturday Feb 4, 11, 18, 25, March 3 & 10

4 Week Session
6 Week Session

Ages 8 - 12 9:00am - 10:30am

Ages 12 - 18 10:30am - Noon

Cost: \$100/ 4 Week Session
Cost: \$150/ 6 Week Session

*Limit of 12 Players Per Circuit Hitting Group

To Reserve Your Spot - Please Contact: John Jancuska

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