

DISTANCE LEARNING WITH REID BASEBALL

BEYOND THE BALLPLAYER



Fun,
personalized
learning
environment

Live
instruction
& instant
feedback

Keep your
mental &
physical skills
sharp

HOW IT WORKS

STEP 1: CHOOSE PACKAGE

Private Lesson

- **Single:** 1x30min session, US\$50
- **5-Pack:** 5x30min sessions, US\$225
- **10-Pack:** 10x30min sessions, US\$320

Semi-Private Lesson (2 players)

- **Single:** 1x45min session, US\$90
- **5-Pack:** 5x45min sessions, US\$400
- **10-Pack:** 10x45min sessions, US\$720

STEP 2: MAKE PAYMENT

Click specific package (above) to pay online

STEP 3: BOOK YOUR SESSION(S)

[CLICK HERE](#) to view the schedule

STEP 4: SELECT CONTENT

Choose up to 2 topics per session

STEP 5: CONNECT WITH COACH

Each session is live via video call;
Enjoy instant verbal & visual feedback!

SESSION CONTENT

- HITTING*
- VIDEO ANALYSIS
- CATCHING*
- MENTORING
- BODY AWARENESS
- PLYOMETRICS
- FLEXIBILITY
- MOBILITY
- SITUATIONAL INTELLIGENCE
- MINDFULNESS
- PITCHING*
- MENTAL SKILLS
- FIELDING*
- ARM CARE
- BASEBALL TRIVIA
- BALANCE
- STRENGTH
- FOOTWORK
- CORE STABILITY
- LEADERSHIP

*May require specific equipment or additional space

@THEREIDBASEBALL



REIDBASEBALL.COM