

Woodall Training

May 2010 Newsletter

- * Summer Baseball Camps- Weekly Workouts w/ Brad
- * Outdoor Drop-In Fitness Boot Camps
- * New Article- Maintaining Mechanics In-Season
- * Conquering the Dreaded Slump
- * Refer a Friend Instruction Program



What's New at Woodall Training:

- *[Baseball Clinics](#)- Register Now for [Weekly Workouts w/ Brad Summer Baseball Camps](#); Start June 22
- *[Baseball Instruction](#)- New [Refer a Friend Program](#) discount for referring new clients
- *[Fitness Training](#)- [Drop-In Outside Boot Camps starting in May](#), Register Now
- *[New Article](#)- [Maintaining Mechanics In-Season](#)
- *[New Article](#)- Read a recent article about Woodall Training on [Fox Sports Net Online](#)

Summer Baseball Camps: Weekly Workouts w/ Brad



Register now for a Summer of instruction with the Summer Baseball Camp Series, Weekly Workouts with Brad. Players will meet once per week for 8 weeks with Brad Woodall, former Major League Player, for a 2-hour workout to learn the latest fundamentals, techniques, and mental approach to baseball used by today's major league baseball players. These weekly instructional sessions are the best way to learn and reinforce proper fundamentals for maximum

improvement during the season.

Each week, approximately 1 hour will be devoted to a specific set of fundamentals and techniques, and 1 hour will be a controlled scrimmage or challenge to work on the fundamental in a competitive setting. Brad's teaching approach is to inspire, motivate, and prepare each player for success on and off the field. In addition to fundamentals, each player will learn about work ethic, mental preparation, game and practice strategies, and numerous lessons learned on Brad's journey from Little League to the Big Leagues.

Camp Dates: Ages 8-10- Tuesdays, June 22-Aug 10
Ages 11-13- Wednesdays, June 23-Aug 11
Ages 14-18- Thursdays, June 24-Aug 12

Time: 10:00am - Noon **Location:** Ramsey Field in Middleton (Tues. and Wed.) and Fireman's Park in Middleton (Thursdays)

Price Options: Summer Pass (all 8 clinics plus one free 30 minute individual instruction session)- \$299/player
5-Pack (5 clinics of your choice plus one free 30 minute instruction session)- \$250/player
Drop-In (one clinic)- \$45 per player per session

Registration: For details, registration, and online payment option, go to our [Baseball Clinics Website](#) at www.woodalltraining.com

For questions, email Brad at woodallbaseballinstruction@gmail.com



Message from Brad Woodall:



Conquering the Dreaded Slump...

Much of my individual instruction this time of year deals with players trying to work through in-season slumps, or those making a proactive effort to stay out of a slump. This is one of my favorite topics to discuss with players. Conquering a slump requires a combination of fine-tuned (often simple) mechanical adjustments, a revised mental approach, and hard work.

As we watch the beginning of the Major League season (and the early downfall of my fantasy baseball team), it is obvious that even the best players in the world go into slumps. Ryan Howard, the new \$125 million player, just went almost 2 weeks without hitting a home run (the longest drought of his life), and Curtis Granderson went an entire week of 6 games without a hit. A hitless 6 games lasts about 3 weeks for some high school and little league players!! This has also been a terrible month for Trevor Hoffman, the MLB all-time saves leader, here in Wisconsin.

Often, young players entrenched in a slump could benefit from perspective and constructive advice.

The perspective: Slumps are inevitable. Everyone, even the best players in Major League Baseball, go into slumps for one reason or another. We often have to remind ourselves that we are not as bad as we think we are in a slump. We are always just 1-2 good at bats, or one good pitching performance from breaking out of a slump. I often told myself while in the midst of a bad inning or major jam in a game that I am just a couple of good pitches from getting out of this jam. Changing my perspective in these cases helped me focus on how close I am to having success.

The Advice: There are 1,000 reasons that players go through a tough streak. We often complicate things with changing our mechanics too much in a slump. An early strategy is to go back to the basics and keep things simple. For hitters, it is often just getting balanced in the batters box, then thinking "see ball...hit ball" rather than thinking about all of things we may be doing wrong in our swing. For pitchers, just focusing on throwing 1st pitch strikes down in the strike zone can help re-focus on how to get hitters out vs. what we are doing wrong. Also, go back to the very basics in practice. Hitting off of the tee, soft toss, taking an approach to drive the ball to the opposite field, or going back to the basic drills that we often forget during the season are productive strategies to turning things around.

The bottom line is that we cannot avoid slumps. However, we can minimize how long we stay in a slump by changing our perspective and working hard the right way to get out of them.

Practice smart and consistently!!

Brad Woodall; Former Major League Pitcher and owner of Woodall Training- Baseball



New Services, Content, and Announcements from Woodall Training.....

REFER A FRIEND and RECEIVE \$20 OFF YOUR NEXT

LESSON

REFER A FRIEND and Receive \$20 Discount on your next 1 hour instructional session!! If you have attended individual instruction from Brad, refer a friend for individual instruction to receive \$20 off your next 1-hour lesson.

*"Friends" must be new clients receiving their 1st instructional session with Brad.

*Discount applies after friend attends instructional session.

*Email Brad at woodallbaseballinstruction@gmail.com for questions or more details.



SCHEDULE YOUR NEXT INDIVIDUAL OR GROUP INSTRUCTION SESSION

Looking to gain an edge over your competition this season. Brad has helped thousands of players around the country reach the next level of their game. Go to our [Baseball Instruction webpage](#) to view our new calendar of availability for this month through June. To schedule a session, please contact Brad via [EMAIL](#) or phone at 608-213-6261

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DROP-IN BOOT CAMPS AT THE BRANCH STARTING SATURDAY, MAY 29

These Saturday morning outdoor (near Pheasant Branch Conservancy) drop-in fitness classes are a unique fusion of TRX Suspension Training, cardio, strength, and partner-based exercises that will leave you feeling strong and energized to kick off your weekend. Kari Woodall brings her exceptional coaching and motivational style to these boot camps that are filled with energy, enthusiasm, and fitness inspiration. Experience how the cutting edge training method of TRX Suspension Training can safely and effectively ramp up your current fitness level, drastically increase core strength and overall fitness levels. **Classes start Saturday, May 29 at 7:30am and run throughout the Summer.** For more information go to [TRX Boot Camps](#) web page or contact Kari at kwoodalltraining@gmail.com.



Additional Content on [Woodall Training.com](http://WoodallTraining.com)

NEW ARTICLE:

Maintaining Proper Mechanics In-Season

by Brad Woodall

One of the most challenging tasks for a player is to stay committed to fine-tuning their fundamentals and mechanics during the season when a majority of workouts are with the team. Many young players will take batting practice or throw a bullpen and focus solely on the result of how far the ball goes or the velocity/location of the pitch. While they devote time during controlled drill work to learn the proper technique, these correct mechanics often do not show up during our batting practice or bullpen sessions. There is often a vital step left out between our drill work and our live hitting or pitching sessions....[for the entire article, click here to visit our Tips from the Pros page.](#)

Fox Sports Wisconsin Online: The Diamond Life (Article on Woodall Training)

Go to our [website](#) to access an online interview with Brad Woodall on Fox Sports Net online, The Diamond Life. This article is a behind the scenes look at the origins of Woodall Training, our training philosophy, and the major influences on Brad to shape him as a coach, player, and person.

For more articles and information from Brad and other professional athletes, go to our [Tips from the Pros Page](#).



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The Hitting Jack-It

