



217 Merrick Rd. Suite 204  
Amityville, NY 11701

Phone: (631) 598-7034  
Fax: (631) 598-7479  
Email: drjpop@gmail.com

## LEVEL 1 HITTING CERTIFICATION

Understanding how a hitter moves is a prerequisite for effective coaching, training and treatment. Rather than guess what they do, we believe you should assess what they do.

OnBaseU's Hitting Level 1 Certification teaches baseball coaches, softball coaches, fitness experts and medical professionals how to evaluate a hitter for physical limitations which can inhibit swing efficiency, durability and, ultimately, enjoyment of the game.

Students learn to quickly evaluate a player's physical capabilities using the OnBaseU Hitting Level 1 screen and to understand how the results of that assessment are correlated with the technical elements in the player's swing. This helps a coach, trainer, or medical professional to quickly identify the key area that can be holding a hitter back from performing at their best. We call this the Body-Hitting Connection.



***STOP GUESSING AND START ASSESSING***