

# Woodall Baseball Instruction Individual Instruction FAQ



- **What is covered in each lesson?**
  - Every lesson is truly customized to the player's need for improvement. The first 1-hour lesson includes a discussion with the player (and parent) regarding the player's background and experience as well as the goal for the lesson (or lesson series). Generally, the first lesson is used as a way for Brad to evaluate the player and quickly establish a plan for improvement. Brad's goal for the first session is to introduce the main mechanical adjustments/drills and strategies that will enable the player to improve. Each player will be given various drills and areas of focus to work on to prepare for the next session. Subsequent sessions will build upon the previous session, with progression to the next technique or area of improvement.

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- **Are 1-hour lessons or ½ hour lessons recommended?**
  - 1-hour lessons are recommended for players just starting out with individual instruction at Woodall Baseball Instruction. Generally, ½ hour lessons are best for players 10 and under or those players experienced with Woodall Baseball Instruction and working at least one time per week. This allows for enough time to implement an improvement plan and progress with suggested techniques, strategies and mechanical adjustments.

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- **How many lessons are recommended to maximize results?**
  - Players new to Woodall Baseball Instruction are encouraged to sign up for one session to gain a better understanding of our teaching philosophy and how the instruction could benefit the player. After the first session, the player and parents can determine a plan for future sessions. However, a minimum of three to five 1-hour lessons are recommended for a player to obtain a good feel for the new mechanics and techniques that are introduced. For maximum benefit, regular sessions weekly or bi-weekly are recommended to establish and implement progression plan for the player to achieve long range goals. However,

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- **Do I need to provide a catcher for pitching sessions?**
  - It is not necessary to provide a catcher for pitching sessions. However, if a player has a catcher available, it is helpful and can be a benefit to the pitcher and the catcher as well.

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- **How much notice is needed to schedule a lesson?**
  - Depending on the time of year, at least 1-2 weeks notice is recommended to ensure availability. During the months from January-April, this lead time to schedule a lesson may increase due to demand and coordination of indoor space rental. However, there are times where lessons may be scheduled within the current week. You may find a calendar which shows lesson availability on the website in the individual instruction section.