

Offseason Information:

[Strength and Conditions at BEHS](#)

All baseball players should be participating in the strength and conditioning program
Engaging in training now builds a base for a healthy adult lifestyle
Becoming bigger, stronger and faster will improve your baseball performance

[STiKS](#)

Offers hitting and pitching lessons
Those looking to get the most out of the offseason should do lessons
The offseason is the time to invest in getting better

[Milwaukee Baseball Academy](#)

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[BRX Performance](#)

Baseball specific strength and conditioning

[The Hitting Vault](#)

Training program
Coach Johnson has COACH Membership

[Blast](#)

Sensor and mobile app

[Learn the basics of Lead Offs and Stealing](#)

Know old school leadoff footwork and return
Master a secondary leadoff
What is a delayed steal and how to execute
Improve steal start
Work on your slides
Those that are able to execute this on day 1 will be a step ahead of everyone else

Infield Videos to Improve

[Throwing Drills](#)
[Release Points](#)
[Pre Pitch Movement](#)
[Fielding Triangle](#)
[Glove Work I](#)

[Stopwatch Ground Balls](#)
[Reading Hops](#)
[Glove Work II](#)
[Infield Backhand Drills](#)
[SS Flip](#)
[Second Baseman DP Footwork](#)
[2B Flip](#)
[SS DP Footwork](#)
[Slow Roller Plays](#)
[Dive and Recover Drill](#)

[Catcher Videos to Improve](#)

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