
Remote Training



With The Yard at Full Depth

What is Remote Training?

We are now offering an alternative form of training at The Yard!

Our remote training gives athletes the ability to access one of our professional baseball instructors with the click of a button!

Our training will utilize live, virtual, and in-person meetings to create an all-inclusive experience for athletes.

How it Works

Athletes will have an in-person assessment to determine areas of improvements and allow coaches to create a specified program per athlete.

After the initial assessment, coaches will guide your athlete through drills virtually, using Google Meet, Zoom, or any video chat program that will allow us to be in the cage or on the field with your player!

Why Remote Training?

As baseball season begins, maintenance of strength and skill take a back seat.

Remote training allows you to communicate from anywhere with our staff for quick fixes, private virtual lessons, and strength/conditioning programs.

Your athlete's hard work in the off-season will continue to show throughout the regular season with our trainings.

Virtual communication with our staff is a great way to continue to grow throughout the year. Whether you are too far for in-person, or you are looking for upkeep during your season, remote training is for every athlete.

Our goal is for our athletes to continue to progress throughout on and off season training.

Offerings

- Initial Evaluation from our Training Staff
 - Personalized Workout Programs
 - Hitting, Pitching, Infield, and Catching plans
 - Individual Meetings with Professional Coaches
 - Virtual Private Lessons
 - All Ages/Levels Welcomed!
-

Price breakdown

- Digital Assessments
 - Measure hitting, pitching, and catching metrics in our tech lab
 - \$35 add on for pitchers and catchers
 - Send and share digital analytics to coaches
 - \$90 for the month Full access to our professionals personal line for all of the above baseball questions and concerns
-

Interested in Learning More?

Contact our Director of Baseball, Anthony Peroni!

Email: FullDepth17@gmail.com

—
Visit Us!

1595 Reed Road

Pennington, NJ 08534

To see all of our offerings visit us at:

www.FullDepthPerformance.com

