



Who We Are

About Us

“At 5 Tool Baseball, our goal is to make each athlete experience an educational, fun, and a welcoming atmosphere. Our ultimate goal is to create strong relationships through the game of baseball. We pride ourselves on staying up to date with the best training methods. The game of baseball remains constant but, technology, training regimens, and knowledge is always evolving. Here at 5TB we research new data daily to give our athletes the best instruction possible.” - Cameron Cook



What Is Rapsodo?

Rapsodo brings powerful insight into every pitch. It helps players and coaches improve their performance using live data.

Features:

- Pitch Velocity
- Spin Rate, True Spin Rate, Spin Axis
- Strike Zone Analysis
- Spin Efficiency
- Horizontal & Vertical Break
- 3D Trajectory



**5 TOOL
BASEBALL
TOP GUN
THROWING**



**5 TOOL BASEBALL
TOP GUN
THROWING**
8209 S. Soncy
Amarillo, TX 79119



Key Client Tucker Davidson (Atlanta Braves top prospect)

Plyo Balls

Drills include: reverse throws, pivot picks, roll ins, walking windups, and rockers.

PlyoCare balls are our throw-every-day balls, meant for submaximal throwing and for constraint training (the drills), as well as general arm care.

Weighted Ball Training



Weighted Balls are used with High School, College, and Pro athletes. We use these for run and guns, which are high intent pull downs. Weighted balls start with 7oz. down to the 3 oz. Heavier balls are used to create proper arm paths and mechanics, while the underloads create arm speed. Weighted balls are meant for maximal intent throwing to build velocity or to affect changes at near 100% intensity.



Recovery is King

If you want to see the benefits from high-out-put training of any kind, you have to do the prep work and post throwing. Examples: rebounders, bands, marc pro, etc...

How Much Will It Cost?

\$285/ month