



Pison BASEBALL Pro

Device Positioning Guide

Drill	Drill Positions	Player/Coach Device Location	Start Trigger (When the timer starts)	End Trigger (When the timer stops)
Infielder Execution	Batters	Lower/knob hand wrist	Batter ball off bat contact	First Baseman catching ball
	Infielders	Glove hand wrist		
	First Basemen	Glove hand wrist		
Pop Time	Catchers	Glove hand wrist	Catcher receiving ball	Infielder catching ball
	Infielders	Glove hand wrist		
Pitcher Time to 1B	Pitchers	Glove hand wrist	Pitcher first movement	First baseman catching ball
	Catchers	Glove hand wrist		
Pitcher time to HP	Pitchers	Glove hand wrist	Pitcher first movement	Catcher receiving ball
	Catchers	Glove hand wrist		
*Hard 90	Batters	Lower/knob hand wrist	Ball off bat contact OR imitate ball contact with a swing (athlete MUST hit his hands together to simulate ball contact) ¹	Batter running through the base
	Base	Base Sensor Receptacle ²		
*5/10/5	Runners	Either wrist	Runner first movement	Runner running through the base
	Base	Base Sensor Receptacle		

¹ See Hard 90 Training Video for additional help.

² See Hard 90 Training Video or the Pison Support page for additional help.