

# Total Control Sports™

- ❖ Develop Strength & Extension Through The Hitting Zone While Providing Instant Feedback For The Hitter !
- ❖ Our Balls Come Perfectly Weighted By Design & Filled With **REAL** Iron Unlike Anywhere Else!




## Free Carry On Bag Included With Plyo Set

- ❖ Green TCB 3.5oz
- ❖ Yellow TCB 5.5oz
- ❖ Red TCB 8oz
- ❖ Blue TCB 11oz
- ❖ Black TCB 16oz
- ❖ Grey TCB 32oz



REAL LEATHER Weighted Ball Set with Raised Seams! Work on Your Throwing Mechanics With A True Feel! Color-Coded To Easily Identify Each Ball

- ❖ BLACK(11oz)
- ❖ BLUE(9oz)
- ❖ RED(7oz)
- ❖ ORANGE(6oz)
- ❖ GREEN(4oz)
- ❖ YELLOW(3oz)

Use Our Weighted TCB Balls For Optimum Resistance Use For Front Toss & Tee Work

**TCB 82 3.2" In Diameter**  
425 Grams (14.09oz)

**Hole Balls**  
The only Wiffle Ball Made To Last! Like Our TCB Balls Achieve Optimum Flight Even In The Windiest Conditions!



Develop Muscles For Both Slow And Fast Twitch.

**TCB 74 2.9" In Diameter**  
425 Grams (14.09oz)  
NO SILICA FILLERS



**TCB HOLE BALL 8.0**  
**3.2 In Diameter**



They Are Also Designed For Movement Preparation

**TCB ATOMIC BALL 5.3" In Diameter**



**TCB HOLE BALL 7.4**  
**2.9 In Diameter**



Perfect For Limited Space Indoor/Outdoor Use

**TCB Go Ball**  
**The Size Of A Golf Ball**



**TCB HOLE BALL 5.0**  
**Size Of Golf Ball**  
25 Grams (0.09oz)

**\*Weighted Balls Warrantied For 6months & Hole Balls Warrantied for 1 Year. Visit Us Now At [www.totalcontrolsports.com](http://www.totalcontrolsports.com) For More Information!**

# TCB TRAINING EQUIPMENT

- FULLY ADJUSTABLE TEE FROM 24"-46"
- DURABLE RUBBER CONE
  - 9 LBS WEIGHTED RUBBERIZED BASE FOR IMPROVED STABILITY ON GYM FLOORS AND TURF.



- FULLY ADJUSTABLE MAGNETIC TEE FROM 24"- 42"
- TALL, DURABLE AND STIFF RUBBER CONE.



- PROPERLY ALLIGNS BOTH HANDS
- PROPER PALM UP/DOWN GRIP
  - PROVIDES INSTANT MUSCLE MEMORY IMPROVE CONTACT
  - POWER MAXIMIZE BAT CONTROL
- REDUCE BAT VIBRATIONS
- Comes in Black **Yellow** & **Blue**



- TCSYELLOWYOUTH RESISTANCE BAND OFFERS A TENSION LEVEL OF 15-35 POUNDS
- GREAT FOR BEGINNERS.
- MADE FROM NATURAL SYNTHETIC RUBBER THAT IS DURABLE, ODERLESS AND SKIN-FRIENDLY.



- STRENGTHEN TRAINING BAND, STRETCHING BAND FOR ANY ATHLETE LOOKING TO INCREASE ARM STRENGTH/PREVENT INJURIES.
- WORKOUT RUBBER BANDS COME WITH A CLIP/STRAP OPTION & **\*COMES WITH FREE BAG\***

- 7' FEET X 7' FEET
- VISIBLE 3-TIER STRIKE ZONE
- **\*CARRYING BAG INCLUDED\***



THE 10X7 FT TCS GOLF HITTING NET IS PRACTICAL AND CONVENIENT. THIS GOLF/BASEBALL NET TAKES UP SMALL SPACE, EASY TO CARRY WITH THE TCS CARRY BAG THATS IS INCLUDED. IT CAN BE PLACED INDOORS, OUTDOORS, SCHOOLS, HOME,GARAGE, PROFESSIONAL SPORT VENUES AND TRAINING INSTITUTIONS. GREAT FOR TEAMS AND ALL AGES OF PROFES

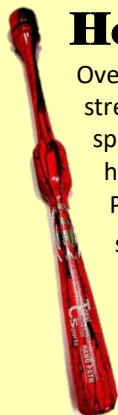


# Total Control Sports™



## PUT THE STING IN YOUR SWING!

### **Hand Path Heavy Trainer**



Overload training to build strength and increase bat speed creates a better hand path to the ball. Perfect for dry warm-up swings **34"**



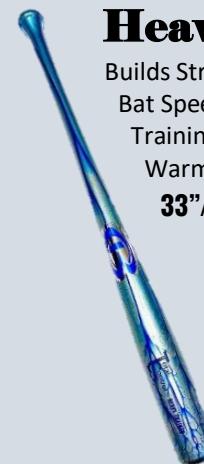
### **Hand Eye Stick**

Skinny Barrel Design to Improve Hand-Eye Coordination Use with Our small Hole Balls **32"/20oz.**



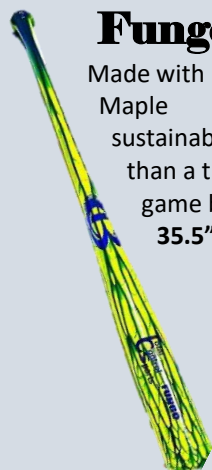
### **Youth One-Hand Path Bat**

Build Strength in the core and forearms that are used for swing speed, use trainers for warm-up on tees and soft toss **20"/ 23oz**



### **Heavy Trainer**

Builds Strength & Increase Bat Speed, Overload Training AMAZING For Dry Warm-Up Swings **33"/33oz.**



### **Fungo Bat**

Made with REAL soft Maple sustainably lighter than a traditional game bat **35.5"/20oz**



### **End-Loaded Heavy**

Makes Hand Come before The Ball & Restricts Early Extension **34"**



### **Top Hand Bat**

Improve Hand-Eye Coordination & Strength. Shorten Your Swing Path & Reinforce Proper Form Use With Soft Toss & Tee Drill Coach **24"**



### **Flat Bat**

Ensures Level Swing plane through the hitting zone **34"/20oz**