

# 14u

*(For Players 13 & 14 years old)*

## Hitting Program

Developed for the players who are out of Little League, playing either club ball, middle school ball or both. The transition from the Little League or 50/70 field to the larger 60/90 field is a very challenging stage in the young ballplayer's life. Most players at this stage of their "careers" need the best guidance of all. The responsibilities that accompany the big field are voluminous. Our programs have proven to help make the transition easier by educating the players to the various situations that occur on the big field, thus making each player more confident in their progress. Hitting drills designed to teach a hitter to "stay back" and hit the ball where it is pitched are the cornerstone of the 14u hitting programs. Other topics include: hitting mechanics, bunt, hit & run, hit to all fields, hitting the count, hitting off-speed pitches. Baserunning skills will include leads, secondary leads & stealing. This course will challenge your 14u level player. Our hitting program has been designed with the help of current Pittsburgh Pirates Manager Clint Hurdle.

## Fielding Program

An advanced fielding program. Reading the hops and correct body positioning in relation to where the ball needs to be thrown are the key elements to the 14u program. Students will learn to maintain solid fielding fundamentals and move onto more advanced skill-work, including backhand drills, forehand drills, short hops, long hops, double plays, bare-hand plays, throwing "from under", making tags, read runners, and being "ready" for every pitch.

Outfield ground balls, fly balls, and getting the proper approach & angles will also be covered. 14u's will develop a solid foundation that will allow them to build a great future as a high school fielder. Philadelphia Phillies IF coach Sam Perlozzo & current Boston Red Sox Major League IF Mike Aviles constantly keep PBI on the cutting edge of training for fielders.

## Pitching Program

The responsibilities for the 14u pitchers are many. First, all pitchers will do exhaustive mechanics training through a series of drills called the "building blocks" system. This training system will get each pitcher's mechanics in order; we will then proceed to throwing off speed pitches. Please note, improper pitching mechanics, when throwing a breaking pitch will put an inordinate amount of pressure on the joints of the elbow and shoulder. This is why PBI puts the initial emphasis on getting the mechanics close to perfect to avoid putting undue stress on the arm. Educating all our pitchers on how to improve and maintain arm strength is also a major component of the 14u pitchers program. All pitchers will learn and/or improve their throwing from the stretch, as well as learn pick-off moves to each base. All pitchers will throw live off regulation high school pitching mounds. PBI's pitching programs are designed with the help of legendary Major League pitching coach Leo Mazzone.

## Catching Program

All catchers will catch live pitching, and work on vital skills associated with the position including: throwing skills, advanced receiving techniques, blocking balls in the dirt, footwork, fielding bunts, throwing to all bases, picking off runners, calling pick off's with all infielders, communicating with the first baseman for "inside—outside" throws, first and third responsibilities, rundowns, passed balls, blocking the plate, fielding throws at home plate from the field, and overall aggressive play.

This is the most demanding position on the field- Catchers are the heartbeat of the defense; all players will be taught how to recognize running situations and when to call a pitch-out. PBI's catching program has been tailored by pro catchers such as former Major League catcher Todd Hundley.

*\*Catchers glove is necessary. Please bring your catchers gear to all classes. If you do not have your own catchers gear, we do have gear that you may use\**