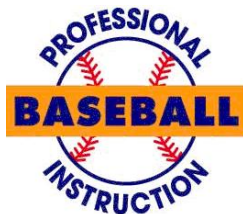


## HIGH SCHOOL WINTER TRAINING PROGRAM

Professional Baseball Instruction's Winter Training Program is the most intense and thorough off- season training program available for high school players. PBI will prepare you for your upcoming high school season just as the pros do through our "spring training" approach. The program consists of 3 months– Thirty Seven 2 ¼ - hour workout sessions. That's 83+ total hours of preparation for your upcoming high school season.

**"IF YOU HAVE  
THE DESIRE,  
WE'LL MAKE  
YOU INTO A  
BALLPLAYER.**



**IF YOU HAVE  
THE TALENT,  
WE'LL TURN  
YOU INTO A  
CHAMPION."**

### **GUARANTEED!**

*This very program has produced hundreds yes that's right HUNDREDS of All-State, All-League & All-County players! It has sent hundreds of players to DI, II, & III colleges. And it has the distinct honor of having some former players sign a professional contract.*

*PBI's High School Winter Training Program is constantly cultivated by PBI hand in hand with current and former professional managers, coaches, and players. The PBI staff works on a regular basis to keep the HSWTP on the cutting edge of baseball training methods. Each aspect of the program is developed and currently updated by PBI and the following Major Leaguers:*

Leo Mazzone- Legendary Atlanta Pitching Coach (*Pitchers*)

Clint Hurdle- Manager Colorado Rockies (*Hitters*)

Sam Perlozzo- 3B & IF coach Seattle Mariners (*IF & OF*)

Todd Hundley- 11 Year Veteran MLB Catcher (*Catchers*)

Mike Aviles- Current Major League SS of the KC Royals (*IF*)

## GOALS OF THE PROGRAM

- ☞ Prepare players to begin their high school practice season at peak performance, both physically and mentally.
- ☞ Condition players to top personal performance.
- ☞ Improve players' position specific skills and knowledge.

## LIVE COMPETITION

Throughout the month of February, the main focus of the workouts will be live competition and game situations. Each hitter will total approximately 55– 70 live at- bats while each pitcher will throw around 25 innings of live game play.

- ☞ Pitchers will throw *live to hitters*.
- ☞ Hitters will take live at bats.
- ☞ Catchers catch during live situations & throw *full distance* to all bases.
- ☞ Infielders will take live ground balls & make *full distance* throws.
- ☞ Position players will base- run in *live game situations*.
- ☞ All players will work on live defensive situations, such as 1<sup>st</sup> & 3<sup>rd</sup> defense, bunt defenses, run-downs, and Pick- off plays.

## STRENGTH TRAINING OPTION:

PBI workouts will focus on position specific baseball skills, and design a specific arm strength & maintenance program for all pitchers.

Full strength, conditioning, and speed training programs are available at special pricing for PBI High School WTP members through "*insPIRE Training Systems*" which is offered at PBI's facility for 1 hour workouts after each of the HSWTP sessions.

Visit [www.inspiretrainingsystems.com](http://www.inspiretrainingsystems.com) for details.

## **PITCHERS**

All pitchers will be put on a progressive throwing program consisting of long toss, short range, flat ground and mound work. They will learn to develop “command” of their fastball (4-seam, 2-seam) regardless of how hard they throw. We will develop a change- up that feels good to them and a breaking pitch that they are capable of throwing consistently. In February pitchers will compete in 20- 30 innings of live game situations. Pitchers will learn how to throw bullpens properly as a starter and reliever as well as developing an in- season throwing routine. Pitching strategy will be a main focus as well. The pitchers will be put on a full shoulder and elbow maintenance program and learn how to care for their arm throughout the season. Defensively, we will improve quickness and awareness of pick- off moves to all bases as well as overall pitchers fielding practice (PFP). Offensively, pitchers that hit will hit.

## **CATCHERS**

All catchers will be put on a progressive throwing program. The health and strength of a catcher’s arm is just as important as the pitcher’s. Catchers will work on all the physical and mental skills required to be proficient behind the “dish”. Areas of concentration are: Receiving, blocking, throwing to all bases, pick- off throws, fielding bunts, fielding pop- ups, “plays at the plate,” tags, double plays, 1<sup>st</sup> & 3<sup>rd</sup> responsibilities, and run- downs. Throughout the program catchers will be working very closely with their battery mates, the pitchers. Classifying hitters, understanding pitchers and calling a game will be discussed. Catchers will not only learn and develop the physical skills needed to be a good catcher, but the mental aspects of how to control the game, the team, and be a leader on the field will be enhanced. As a catcher your priority is defense. Making your pitcher look good and keeping your team “in the game” is your job. There are many aspects to the position that need to be mastered. Offensively, catchers will work with our hitting instructors + practice their base- running.

## **INFIELDERS**

Infielders will be put on a progressive throwing program to develop arm strength and health. During the course of a game infielders need to execute throws from a wide variety of arm angles and body positions. Each position on the infield will work on the proper mechanics of these throws, and learn how to treat every throw “with a purpose”. 1<sup>st</sup> & 3<sup>rd</sup> basemen, and middle infielders will work on their position specific skills throughout the program. All Infielders will develop a proper approach to all types of ground- balls, specific to their position. This includes routine, backhand, glove side, slow- rollers, high- choppers, short- hops, harder hit balls, and line- drives. Proper footwork, double plays, making tags, relay throws, 1<sup>st</sup> and 3<sup>rd</sup> responsibilities, run- downs, bunt defenses, and pick- off plays will all be taught according to position. Offensively, all infielders will work with our hitting instructors + practice their base- running.

## **OUTFIELDERS**

Outfielders will be put on a progressive throwing program to develop arm strength and health. As an outfielder footwork is “key.” Footwork on all ground and fly- balls must be highly developed. All outfielders will work on routine ground- balls, angles of approach to ground and fly- balls, and getting a strong and accurate throw to the infield quickly. Offensively, all outfielders will work with our hitting instructors + practice their base- running.

## **HITTING**

In December, hitters will learn and develop hitting skills through tee work, drills that focus on mechanics and proper fundamentals for each individual hitter and batting practice (BP). Live BP will be the norm in January, and in February hitters will compete in live situations against the pitchers and catchers. The program is designed for hitters to amass a full season of live at-bats (55– 70).

