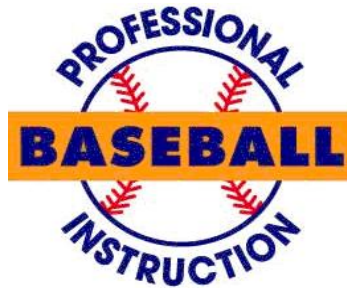


# High School Winter Training Program

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



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

## Design Your Own Training Schedule

**WORKOUT 4, 3, 2 OR 1 DAY PER WEEK**

PBI's "High School 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. This program will bring you to the doorstep of the 2011 High School season fully prepared and ready to go!

*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 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 HSWTIP 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



Clint Hurdle



Sam Perlozzo



Mike Aviles



Todd Hundley



# Design YOUR Training According to YOUR Schedule

## GOALS OF THE PROGRAM

- ☞ Prepare players to enter their high school season at peak performance.
- ☞ Condition players to top personal performance.
- ☞ Improve players' position specific skills, knowledge and execution.

## PLAYER COMMITMENT

All players are **required** and **expected** to:

- ☞ Be present and arrive on- time for all workouts,
- ☞ Dress in proper baseball clothing, i.e.: baseball pants, jersey or t-shirt, hat, belt, socks, turfs or spikes (*pitchers may NOT wear spikes*).

## LIVE COMPETITION

Throughout the month of February, the main focus of the workouts will be live competition and game situations.

- ☞ 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**.
- ☞ Players will work on live defensive situations, such as bunt defenses, run-downs & Pick- offs.

**Players enter the program according to their position. If you play more than one position you may workout at multiple positions if you attend more than one day per week.**

## PITCHERS TRAINING DETAILS

All pitchers will be put on a progressive throwing program consisting of, 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 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 also be a main focus. 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 TRAINING DETAILS

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, 1st & 3rd 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 TRAINING DETAILS

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”. 1st & 3rd 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, 1st and 3rd 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 TRAINING DETAILS

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.

## HITTERS TRAINING DETAILS

In the 1st 1/3 of the program, 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/ early February, and in February hitters will compete in live situations against the pitchers and catchers.

