SENTEDER (60/90 Field) Winter Training Program

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



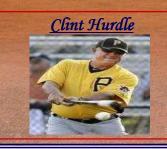
IF YOU HAVE THE TALENT,
WE'LL TURN YOU INTO A
CHAMPION."

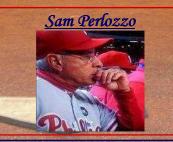
Senior Winter Training Program On the 60/90 Field

PBI's "Senior Winter Training Program" is the most intense and thorough off- season training program available for middle school aged players that are playing on the 60/90 field. PBI will prepare you for your upcoming season just as the pros do through our "spring training" approach. This program will extensively key in on the fundamental skills needed for the 60/90 game of "real baseball".

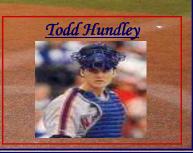
TBI's Senior Winter Training Program is constantly cultivated by PBI hand in hand with current and former professional managers, coaches, and players. The PBI staff works on a regular basis to keep the SRWTP on the cutting edge of baseball training methods. Each aspect of the program is developed and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











Attention 13u & 14u (60/90 field) Baseball Players

GOALS OF THE PROGRAM

- Prepare players to enter their season at peak performance.
- Condition players to top personal performance.
- Figure 12 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 <u>NOT</u> 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 situational 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, rundowns & Pick- off's.

Players enter the program according to their position...

If you play two positions you will workout at your primary position and secondary position rotating every other week.

PITCHERS TRAINING DETAILS

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 if they are physically capable of throwing one consistently. In February pitchers will compete in 20–25 innings of live game situations. Pitchers will learn how to throw bullpens properly 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 TRAINING DETAILS

All catchers will be put on a progressive throwing program. The health and strength of a catchers' arm is just as important as the pitchers'. 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, "plays at the plate," tags, double plays, 1st & 3rd responsibilities, and rundowns. 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 (2B/SS) 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, shorthops, 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 & short range drills that focus on mechanics and proper fundamentals for each individual hitter & batting practice (BP). Moving forward; Live BP will be the norm in January, and in February hitters will compete in live situations against the pitchers and catchers.



SCHEDULE...

SRWTP begins on **11/27** and continues thru **3/5**

Players Will Attend **ONE (1)** Sessions Per Week

Day	Time	Dates
Tuesday's	6:45- 9:00	11/27, 12/4, 11, 18, 1/8, 15, 22, 29, 2/5, 12, 26, 3/5

Please Note- There will be NO workouts on − 12/25, 1/1 & 2/19

PRICE

\$649.

You may pay in full upon registration ... Or a Payment Plan is available. *If using the payment plan; add \$100. to the total.*

HEAD COACHES...

PBI's SRWTP staff is comprised of both former & current professional players with a combined 50+ years professional playing experience.



Doug CinnellaProgram Director



Greg Cinnella Program Director





<u>Sam Ferretti</u> Infield Director Former Indian & Oriole



<u>Don Hays</u> Catching Director William Paterson Univ. BLOW SACRONS

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Gil Zayas

IF & Hitting Director

Former AC Surf



The staff listed above are the program directors and head coaches. Additional PBI coaches will be in the program working with the players in addition to the above listed program directors and head coaches.

REGISTRATION & PAYMENT

Name: Indicate Position:	Pitcher	Catcher	MIF	1B	3B	OF
(If playing a primary &	2 nd ary x secondary– y	2 nd ary ou will rotate an	2 nd ary d work prima			2 nd ary other week
DOB.:	MS:				Grade:	
Address:						
City:		Sta	te:	Zip:_		
Phone:		Ce	11:			
E-mail:						
	1st Paymer	MENT PLAN A nt Due upon Reg nt Due on Janua nt Due on Febru	gistration	50%		
If you choose to use the payment pact of the payment due dates. If the payment is not received by these do NOTE: If you choose to use the firm before the 2 nd and or 3rd pa	plan you <u>MUST</u> f you choose to pay ates before 10PM; <u>i</u> payment plan you	ASE READ CA provide a credit card. by cash or check you card will be charged. are responsible for the	REFULLY. Your credit card must present you full cost of the p	will be automa or payment on the program. If you	e due dates bef choose not to co	ore 10PM. If ntinue some-
I will pay in fi		1 7	**ALL P	AYMENTS	ARE FINA	L AND
I will use the p		an	NON-REFUNDABLE** UNDER NO C CUMSTANCES WILL CASH REFUNDS CREDIT VOUCHERS BE ISSUED			UNDS O
Method of Payment						



Professional Baseball Instruction, Inc.
107 Pleasant Avenue Upper Saddle River, NJ 07458
1-800-282-4638 * Fax: 201-760-8820 www.baseballclinics.com

Exp. Date