

MIDDLE SCHOOL Winter Training Program

For 60/90 & 50/70 Players
6th, 7th & 8th GRADERS

(11, 12, 13 & 14 YEAR OLDS)

PBI's "Middle School Winter Training Program" is the most intense and thorough off-season training program available for baseball players in the 6th, 7th & 8th grades that are playing on the HS sized 60/90 field or intermediate sized 50/70 field.

The MSWTP is a version of PBI's acclaimed High School, Senior & Junior Winter Training Programs concentrated into one action packed month of workouts. The MSWTP is designed to give you a head start prior to your pre-season practices with your Middle School or travel team. PBI will prepare you for your upcoming season just as the pros do through our "spring training" approach. You come to two 2- hour workout sessions per week during month of March.

The Middle School Winter Training Program has been developed by PBI hand in hand with current and former professional managers, coaches, and players. 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



For Middle School Baseball Players (60/90 & 50/70)

GOALS OF THE PROGRAM

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

PROGRAM DETAILS

In the first week of the program we will focus on the fundamental skills specific to each position. In week two and three; we will “turn up the volume” and move on to the more advanced aspects related to each position. And during the final week the focus will be live situations and live competition.

LIVE COMPETITION

During the closing week of the program the main focus of the workouts will be live competition and game situations. Hitters will take live at- bats while Pitchers throw live to hitters.

- ☞ 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 situations*.
- ☞ All 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 two positions you will workout at one position on day #1, and the other position on day #2 each week.

PITCHERS TRAINING DETAILS

All pitchers 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 the closing week of the program pitchers will throw live to hitters in 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

Catchers will work on 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 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

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, 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

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

Hitters will learn and develop hitting skills through tee work, short range drills that focus on mechanics and proper fundamentals for each individual hitter and live batting practice. Hitters will also work on hitting pitches of different locations, off-speed pitches, and situational hitting as well. In the closing week of the program hitters will compete in live situations vs. the pitchers.

MSWTP Schedule, Pricing & Coaches

SCHEDULE...

MSWTP begins on **3/6** and continues thru **3/29**

Players Will Attend **Two (2)** Sessions Per Week

Day	Time	Dates
Tuesday's	7:00- 9:00PM	3/6, 3/13, 3/20 & 3/27
Thursday's	7:00- 9:00PM	3/8, 3/15, 3/22 & 3/29

PRICE

\$399.

HEAD COACHES...

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



Doug Cinnella
Program Director



Greg Cinnella
Program Director



Patrick Gill
Pitching Director
Michigan State Univ.



Sam Ferretti
Infield Director
Former Indian & Oriole



Don Hays
Catching Director
William Paterson Univ.



Steve Hayward
Pitching Director
Former Boston Red Sox



Gil Zayas
IF & Hitting Director
Former AC Surf



Jack Lipari
OF & Hitting Director
Former NJ Jackal

*The staff listed above are the program directors and head coaches.
Additional PBI coaches will be working with the players as well.*

REGISTRATION & PAYMENT

Name: _____

Indicate Position: **Pitcher** **Catcher** **MIF** **1B** **3B** **OF**
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If playing a primary & secondary— you will rotate to work primary one day & secondary the other day

DOB: _____ Which Field Are You On? 60/90 50/70

Grade: _____ Middle School: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Cell: _____

E-mail: _____

Parents Names: _____

PRICE: \$399.00

MSWTP meets for 2-hours, twice a week for 4 weeks

Method of Payment

- Check (Payable to PBI, Inc.)
- Cash
- Visa Card # _____
- Master Card
- AMEX Exp. Date _____

REFUND & CANCELLATION POLICY

Make-Up Time- All players are expected to attend the program that they signed up for. Make-up sessions will not be available.

Weather- All programs will run according to schedule unless the State of New Jersey has declared a state of emergency weather situation.

Refund Policy- NO cash refunds. In the event a player withdraws from the program after registration is processed - regardless of the reason- a PBI credit voucher —less a \$50. administrative fee will be issued for the pro-rated fee. Vouchers are non-transferable and have no expiration date. They can be used toward any future PBI clinic or camp program. ****ALL PAYMENTS ARE FINAL, UNDER NO CIRCUMSTANCES WILL CASH REFUNDS BE ISSUED****



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