

# PRE-SEASON Winter Training Program

For 8, 9 & 10 Year Olds

ON THE 46/60 FIELD

PBI's "Pre-Season Winter Training Program" is the most intense and thorough off-season training program available for 8, 9 & 10 year old baseball players that are playing on the Little League sized 46/60 field.

The PSWTP is a version of PBI's acclaimed High School, Senior & Junior Winter Training Programs customized towards the needs of little league players. PBI will prepare you for your upcoming season just as the pros do through our "spring training" approach. The program consists of 1 workout per week for the months of February and March bringing you to the doorstep of the 2013 baseball season.

The Pre-Season 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 updated by PBI with the assistance of the following Major Leaguers:

Leo Mazzone



Clint Hurdle



Sam Perlozzo



Mike Aviles



Todd Hundley



# For 8, 9 & 10 year old Baseball Players

## 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

All players will be put on a progressive throwing program to develop arm strength and health. Players will work on infield & outfield skills. Players will pitch, and players who choose to do so, will work "behind the plate" on their catching.

All players will be on a progressive hitting program. Starting off with swing fundamentals & leading up to taking situational at-bats. The program also includes base-running skills.

In March, the main focus of the workouts will be Live Situations. Each hitter will take situational at-bats while pitchers will be capable of throwing competitive pitches prior to the start of the season.

- ☞ Pitchers who are capable and ready will throw *live to hitters*
- ☞ Hitters who are capable and ready will take *live at-bats*
- ☞ Catchers who are capable and ready will catch during live situations. Catchers will also throw *full distance* to all bases.
- ☞ Infielders & Outfielders field live situational ground balls & make *full distance* throws
- ☞ Position players will base- run in *live situations*
- ☞ All players will work on live defensive situations

## HITTING DETAILS

*All players will work on their hitting & base-running skills*

In February, hitters will learn and develop hitting skills through tee work & drills that focus on mechanics and proper fundamentals for each individual hitter. Hitting inside & outside pitches in addition to hitting various speeds of pitches will be worked on. Situational hitting & live BP will be the norm in March and hitters that are capable and ready will compete in live situations. Base-running skills from all bases will also be a focus of our attention as well.

## PITCHING DETAILS

All pitchers will learn to develop "command" of their fastball (4-seam, 2-seam) regardless of how hard they throw. Certain pitchers that PBI feels appropriate will also develop a change- up that they are capable of throwing consistently. In March we will compete in live situations. Pitchers will learn how to throw bullpens properly as well as developing a game plan. Pitching strategy will be a main focus as well. Defensively, we will improve quickness and awareness of overall pitchers fielding practice.

## INFIELD DETAILS

We will develop a proper approach to all types of ground- balls. 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 be covered. During the course of a game infielders need to execute throws from a wide variety of arm angles and body positions. We will work on the proper mechanics of these throws, and learn how to treat every throw "with a purpose." 1<sup>st</sup> base will also be covered.

## OUTFIELD DETAILS

As an outfielder footwork is "key." Footwork on all ground and fly- balls must be highly developed. In the outfield we 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.

## CATCHING DETAILS

*Only players who wish to work on their catching will catch*

Catchers will work on not only the physical, but also the mental skills required to be proficient behind the "dish." Areas of concentration are: Receiving, blocking, throwing to all bases, fielding bunts, fielding pop- ups, "plays at the plate," tags, double plays, and run- downs. Understanding pitchers and calling a game will be discussed as well. 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.





# PSWTP Schedule, Pricing & Coaches

## SCHEDULE...

PSWTP begins on **2/2** and continues thru **3/22**

Day	Time	Dates
<b>Saturday's</b>	<b>9:00- 11:00AM</b>	2/2, 2/9, 2/16, 2/23, 3/2, 3/9, 3/16 & 3/23

## PRICE

**\$399.**

## HEAD COACHES...

PBI's PSWTP 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: \_\_\_\_\_

DOB: \_\_\_\_\_ Grade: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

E-mail: \_\_\_\_\_

Parents Names: \_\_\_\_\_

**PRICE: \$399.00**

***PSWTP meets for 2-hours, once a week for 8 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\*\***



**Professional Baseball Instruction, Inc.**  
107 Pleasant Avenue Upper Saddle River, NJ 07458  
1-800-282-4638 \* Fax: 201-760-8820 [WWW.BASEBALLCLINICS.COM](http://WWW.BASEBALLCLINICS.COM)