

# EAGLES

## WINTER TRAINING PROGRAM



**JOIN IN ON PBI'S  
HIGHLY ACCLAIMED  
WINTER TRAINING  
PROGRAM CREATED  
EXCLUSIVELY FOR  
PBI EAGLE TEAMS!**

*"Eagles Baseball Is The Way,  
Playing Hard Every Day"*  
--Kimani Simmons, 11u '07



**Professional Baseball Instruction, Inc.**

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Page 1

## THE 3RD ANNUAL EAGLES WINTER TRAINING PROGRAM IS DESIGNED TO...

- ☞ Prepare players for the upcoming season in every facet of the game.
- ☞ Create & nurture strong fundamentals and skill sets.
- ☞ Provide a structured & regimented training atmosphere.
- ☞ Give each player more responsibility & accountability as a member of a team.
- ☞ Condition players for top personal performance.
- ☞ Improve players' position- specific skills and knowledge.
- ☞ Create positive attitudes through success, knowledge, and respect for the game.



## A NOTE FROM EAGLE DIRECTOR:

In order to keep the Eagles program as strong & successful as it has become, we need not only to play and practice as a team during the season, but to also go through our off- season training as a team. The team and personalized training that we will provide you in this specialized Eagles Winter Training will enable our coaches to see, first hand, your game abilities, including strengths and weaknesses. This will help PBI further evaluate your current skill level to coincide with the personalized training that you receive. And that, in turn, will help grow and develop our team, to become increasingly successful throughout the 2008 season.

Invitations have already been sent to current and past members of the Eagles. This program also offers you the opportunity to participate along side current and past Eagles players. There are limited spots available, so please don't hesitate.

Be advised that this program is only for DEDICATED players who plan on playing and/or trying out for the Eagles.

Page 2

## PROGRAM DETAILS



All players will be put on a progressive throwing program to develop arm strength and health.



Players will work on all infield & outfield skills. All players will pitch, and players who choose to will work “behind the plate” on their catching.



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

In February/March, the main focus of the workouts will be **Live Competition** and game situations. Each hitter will take live at- bats while each pitcher will be capable of throwing approximately 25 competitive pitches prior to the start of the season.

- ☞ 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

## STRENGTH & CONDITIONING

In addition to the position- specific baseball skills covered in the program we will also give some attention to an arm health program and general conditioning. **PBI's in house Doctors (PT, ATC, CSCS, EMT)** have crafted a physical fitness program to specifically benefit baseball players at the 9u, 10u, & 11u age levels. Their specially designed regimen focuses on stabilization exercises, speed, agility, and promotes throwing arm health.

All players will be put on a full shoulder and elbow maintenance program and learn how to care for their arm throughout the season.



Page 3

## HITTING

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

In November/December, 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 January/February, and in February/March hitters will compete in live situations against pitchers. Base-running skills from all bases will also be a focus of our attention.

## PITCHING

*All players will work on their pitching*

All players will learn to develop “command” of their fastball (4-seam, 2-seam) regardless of how hard they throw. We will also develop a change- up that they are capable of throwing consistently. In February/March we will compete in live game 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 (PFP).

## INFIELD

*All players will work in the infield*

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 all 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

*All players will work in the outfield*

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

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

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, fielding bunts, fielding pop- ups, “plays at the plate,” tags, double plays, and run- downs. 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.

Page 4

## PROGRAM DATES & TIMES

Professional Baseball Instruction's Eagles Winter Training Program is the most intense and thorough off- season training program available for Little League players. PBI will prepare you for the upcoming season just as the pros do through our "spring training" approach. The program consists of **3 MONTHS — THIRTEEN 2- HOUR WORKOUT SESSIONS.** That's **26 TOTAL HOURS** of preparation for your upcoming season.

### THE E- WTP IS LIMITED TO 45 PLAYERS MAX

Eagles WTP begins on **NOVEMBER 26<sup>TH</sup>**  
and continues thru **MARCH 3<sup>RD</sup>**

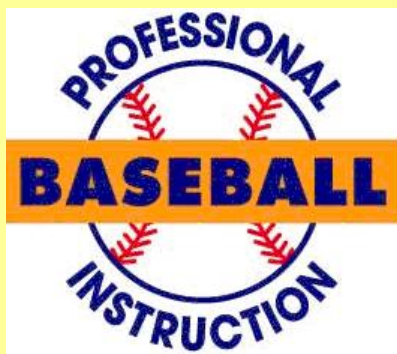
**MONDAYS 4:30PM – 6:30PM**

Please Note- There will be NO workouts- 12/24 & 12/31  
Make- up sessions are not available

## PLAYER COMMITMENT

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

- ☞ Be present for all workouts,
- ☞ 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.



## REGISTRATION & PAYMENT

Name: \_\_\_\_\_

D.O.B.: \_\_\_\_\_ Circle Primary Poss. & Underline Secondary Poss.  
Pitcher Catcher MIF 1B 3B OF

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

Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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

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

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

Are You a Past Eagle Player?: \_\_\_\_\_ Year(s): \_\_\_\_\_ Season(s): \_\_\_\_\_

**\*\*NOTE: ALL PAYMENTS ARE FINAL AND NON-REFUNDABLE\*\***

Cost of the E-WTP is **\$539.<sup>00</sup>**

You may pay in full upon registration or use the provided payment plan. Cost of the E-WTP on the payment plan: **\$639.<sup>00</sup>**

### **PLEASE READ CAREFULLY:**

If you choose to use the payment plan you **MUST** provide a credit card. Your credit card will be automatically charged @ 10PM on each of the payment due dates. If you choose to pay by cash or check you must present your payment on the due dates before 10PM. If payment is not received by these dates before 10PM; your card will be charged.

NOTE: If you choose to use the payment plan you are responsible for the full cost of the program. If you choose not to continue sometime before the 2<sup>nd</sup> and/or 3<sup>rd</sup> payments are due, you will still be charged for the full price of the program.

### **PAYMENT PLAN DUE DATES**

1<sup>st</sup> Payment Due upon Registration: \$ 299.  
2<sup>nd</sup> Payment Due on January 7<sup>th</sup>: \$ 170.  
3<sup>rd</sup> Payment Due on February 4<sup>th</sup> \$ 170.  
Total: \$ 639.

Please indicate the amount you are paying upon registration:

\$539.       \$299.

Method of Payment

- Check (Payable to PBI, Inc.)
- Visa                      Card # \_\_\_\_\_
- Master Card
- American Express              Exp. Date \_\_\_\_\_