

# HS

*(For 9th, 10th, 11th & 12th grade players)*

## Hitting Program

PBI's HS hitting program is an excellent course to get yourself prepared for the upcoming high school season- From the incoming freshman to the established varsity player. In the opening week of the clinic hitters will learn and develop hitting skills through drills that focus on mechanics and proper fundamentals for each individual hitter and batting practice. As the program progresses we will move to more advanced hitting topics. Including: Hitting with two K's, hitting off-speed pitches, hitting the inside & outside pitch, hit & run, hitting to all fields, hitting the count, & bunting.

Baserunning skills will include leads, secondary leads & stealing.

## Fielding Program

Students will learn to maintain overall solid fielding fundamentals. All fielders will develop a proper approach to all types of batted balls, specific to their position. This includes routine, backhand, glove side, slow- rollers, high- choppers, short- hops, harder hit balls, and line- drives and fly balls. Each fielder will work on the proper mechanics of all their throws, and learn how to treat every throw "with a purpose". For infielders proper footwork, double plays, making tags, relay throws, run- downs, will be taught according to position.

For outfielders getting the proper approach and angles to the ball will also be covered.

## Pitching Program

All HS 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 that they are capable of throwing well. Educating all our pitchers on how to improve and maintain arm strength is also a major component of the program. All pitchers will learn and/or improve their throwing from the stretch, as well as improve pick-off moves to each base. All pitchers will throw live off regulation high school pitching mounds. Pitching strategy will be a main focus as well. Defensively, we will improve quickness and awareness of pick- off moves to all bases as well as overall pitchers fielding practice (PFP).

## Catching Program

All catchers will catch live pitching, and work on vital skills associated with the position including: throwing skills, advanced receiving techniques, blocking, footwork, fielding bunts, throwing to all bases, picking off runners, passed balls, blocking the plate, fielding throws at home plate from the field, and overall aggressive play. 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.