

# 12U

*(For Players 10, 11 & 12 years old)*

## Hitting Program

Developed by PBI for the advanced Little League player. Advanced Little League skills include swing plane, hitting for power, hit the count, advanced lower and upper body mechanics training, plus bunting for a sacrifice and a hit. In the 12U program, we hit off of various training devices to continue to cultivate a solid fundamental hitting base. We will perform innovative drills to increase your chances of hitting the ball on the “sweet spot” consistently. Our hitting stations, when performed properly, create positive muscle memory, effectively replacing poor habits with good habits. Live hitting will also be part of the program. Advanced baserunning work for the 12u’s will complete the offensive training program. Our hitting program has been designed with the help of current Pittsburgh Pirates Manager Clint Hurdle.

## Fielding Program

An intermediate to advanced program. Students will quickly learn basic solid fielding fundamentals and then move onto more advanced skill-work, including backhand drills, forehand drills, short hops, long hops, double plays, bare-hand plays, throwing “from under”, making tags, and developing a short quick “snap” throw that is so vital to being an advanced infielder. Outfield ground balls, fly balls, and getting the proper approach and angle to the ball will also be covered. All students will make hundreds of throws from basic fielding positions and off-balance. Our step-by-step approach will have your child ready to play with confidence at the next level. Defense wins games. Philadelphia Phillies IF coach Sam Perlozzo & current Boston Red Sox Major League IF Mike Aviles constantly keep PBI on the cutting edge of training for fielders.

## Pitching Program

All 12u students will develop an advanced thought process of pitching and understand the responsibilities that are vital to pitching success. Pitching mechanics will be worked on at every training session through our “building blocks” program that has developed top-level youth pitchers. All pitchers will throw consistent strikes GUARANTEED. 12u pitchers will also learn and develop a change-up to complement their fastball. All pitchers will throw off of regulation Little League or 50/70 mounds have their pitches charted, and be clocked with out radar gun. We will round out the program by working on pitchers fielding practice(PFP) including bunts, slow rollers, come backers & covering 1B. PBI's pitching programs are designed with the help of legendary Major League pitching coach Leo Mazzone. Remember, "90% of the game is pitching."

## Catching Program

All catchers will gain a solid understanding of the position. Catchers will work on the following skills: throwing skills, receiving pitches, blocking balls in the dirt, footwork, fielding bunts, throwing to all bases, picking off runners, backing up first – plus all catchers will catch live pitching to work on their receiving skills in real time. These catching programs are guaranteed to improve your catcher’s ability to perform to his best level. This is the most demanding position on the field- PBI knows this and has a program tailored by pro catchers such as former Major League catcher Todd Hundley to help teach the youth of America. To be a catcher requires skill and courage, so it's important to learn the position the correct way. *\*Catchers glove is necessary. Please bring your catchers gear to all classes. If you do not have your own catchers gear, we do have gear that you may use\**