

# JUNIOR (50/70 Field) Winter Training Program

***"IF YOU HAVE THE DESIRE,  
WE'LL MAKE YOU INTO A  
BALLPLAYER."***



***IF YOU HAVE THE TALENT,  
WE'LL TURN YOU INTO A  
CHAMPION."***

## Junior Winter Training Program ON THE 50/70 FIELD

PBI's JRWTP is tailored specifically for players on the 50/70 field and will extensively key in on the fundamental skills needed for the 50/70 game. The JRWTP is the most intense and thorough off-season training program available for players on the 50/70 field. PBI will prepare you for your upcoming season just as the pros do through our "spring training" approach over the course of: 3 months – Twenty Four 2 ¼ - hour workout sessions. That's 54 total hours of preparation for your upcoming season.

PBI's Junior Winter Training Program is constantly cultivated by PBI hand in hand with current and former professional managers, coaches, and players. The PBI staff works on a regular basis to keep the JRWTP on the cutting edge of baseball training methods. Each aspect of the program is developed and currently updated by PBI with the assistance of the following Major Leaguers:

Leo Mazzone



Clint Hurdle



Sam Perlozzo



Mike Aviles



Todd Hundley



# Attention 11u & 12u (50/70 field) 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.

## PLAYER COMMITMENT

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

- ✧ Be present and 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 (*pitchers may NOT wear spikes*).

## LIVE COMPETITION

Throughout the month of February, the main focus of the workouts will be live competition and game situations.

- ✧ 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 situational ground balls & make **full distance** throws.
- ✧ Position players will base- run in **live game situations**.
- ✧ 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 on day #2 each week.**

## PITCHERS TRAINING DETAILS

All pitchers will be put on a progressive throwing program consisting of long toss, short range, flat ground and mound work. They 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 they will become capable of throwing consistently. In February pitchers will compete 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 learn how to hold runners on, and improve upon quickness and awareness of pick- off moves to all bases as well as overall pitchers fielding practice (PFP).

## CATCHERS TRAINING DETAILS

All catchers will be put on a progressive throwing program. The health and strength of a catcher's arm is just as important as the pitcher's. 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, pick- off throws, fielding bunts, “plays at the plate,” tags, double plays, 1<sup>st</sup> & 3<sup>rd</sup> 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.

## INFIELDERS TRAINING DETAILS

Infielders will be put on a progressive throwing program to develop arm strength and health. 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”. 1<sup>st</sup> & 3<sup>rd</sup> basemen and middle infielders (2B/SS) 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, relay throws, 1<sup>st</sup> and 3<sup>rd</sup> responsibilities, run- downs, bunt defenses, and pick- off plays will all be taught according to position.

## OUTFIELDERS TRAINING DETAILS

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

## HITTERS TRAINING DETAILS

In the 1st 1/3 of the program, hitters will learn and develop hitting skills through tee work & short range drills that focus on mechanics and proper fundamentals for each individual hitter & batting practice (BP). Hitting inside & outside pitches in addition to hitting off speed pitches will be worked on. Moving forward; Live BP will be the norm in January, and in February hitters will compete in live situations against the pitchers and catchers.



# JRWTP Schedule, Pricing & Coaches

## SCHEDULE...

JRWTP begins on **11/27** and continues thru **3/5**

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

Day	Time	Dates
<b>Tuesday's</b>	<b>4:30- 6:45</b>	11/27, 12/4, 11, 18, 1/8, 15, 22, 29, 2/5, 12, 26, 3/5
<b>Thursday's</b>	<b>4:45- 7:00</b>	11/29, 12/6, 13, 20, 1/3, 10, 17, 24, 31, 2/7, 14, 28

*Please Note- There will be NO workouts on - 12/25, 12/27, 1/1, 2/19 & 2/21*

## PRICE

**\$1,099.**

You may pay in full upon registration ... Or a Payment Plan is available.

*If using the payment plan; add \$100. to the total.*

## HEAD COACHES...

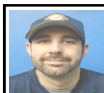
PBI's JRWTP staff is comprised of both former & current professional players with a combined 50+ years professional playing experience.



**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 in the program working with the players in addition to the above listed program directors and head coaches.*

## REGISTRATION & PAYMENT

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

Indicate Position: **Pitcher** **Catcher** **MIF** **1B** **3B** **OF**  
2<sup>nd</sup>ary 2<sup>nd</sup>ary 2<sup>nd</sup>ary 2<sup>nd</sup>ary 2<sup>nd</sup>ary 2<sup>nd</sup>ary  
 (If playing a primary & secondary- you will rotate to work primary one day & secondary the other day)

DOB.: \_\_\_\_\_ MS: \_\_\_\_\_ Grade: \_\_\_\_\_

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

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

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

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

## PAYMENT OPTIONS

Cost of the Junior WTP is **\$1,099.<sup>00</sup>**

You may pay in full upon registration or use the provided payment plan.

Cost of the JRWTP on the payment plan: **\$1,199.<sup>00</sup>**

### PAYMENT PLAN AVAILABLE

- 1<sup>st</sup> Payment Due upon Registration... 50%
- 2<sup>nd</sup> Payment Due on January 3<sup>rd</sup> ..... 25%
- 3<sup>rd</sup> Payment Due on February 5<sup>th</sup> ..... 25%

### 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; 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 are still responsible for and will be charged for the full price of the program.*

☐ *I will pay in full at registration*

☐ *I will use the payment plan*  
 (add \$100 to total fee for payment plan)

**\*\*ALL PAYMENTS ARE FINAL AND NON-REFUNDABLE\*\* UNDER NO CIRCUMSTANCES WILL CASH REFUNDS OR CREDIT VOUCHERS BE ISSUED**

### Method of Payment

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



**Professional Baseball Instruction, Inc.**

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