

SENIOR (60/90 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."***

Senior Winter Training Program ON THE 60/90 FIELD

PBI's "Senior Winter Training Program" is the most intense and thorough off-season training program available for middle school aged players that are playing on the 60/90 field. PBI will prepare you for your upcoming season just as the pros do through our "spring training" approach. This program will extensively key in on the fundamental skills needed for the 60/90 game of "real baseball".

PBI'S Senior 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 SRWTP 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 13u & 14u (60/90 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 your primary position and secondary position rotating every other 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 feels good to them and a breaking pitch if they are physically capable of throwing one consistently. In February pitchers will compete in 20–25 innings of 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 improve quickness and awareness of pick- off moves to all bases as well as overall pitchers fielding practice (PFP). Offensively, pitchers that hit will hit.

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, 1st & 3rd 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. Offensively, catchers will work with our hitting instructors + practice their base- running.

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". 1st & 3rd 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, 1st and 3rd responsibilities, run- downs, bunt defenses, and pick- off plays will all be taught according to position. Offensively, all infielders will work with our hitting instructors + practice their base- running.

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. Offensively, all outfielders will work with our hitting instructors + practice their base- running.

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). Moving forward; Live BP will be the norm in January, and in February hitters will compete in live situations against the pitchers and catchers.

SRWTP Schedule, Pricing & Coaches

SCHEDULE...

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

Players Will Attend **ONE (1)** Sessions Per Week

Day	Time	Dates
Tuesday's	6:45- 9:00	11/27, 12/4, 11, 18, 1/8, 15, 22, 29, 2/5, 12, 26, 3/5

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

PRICE

\$649.

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 SRWTP 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**
2ndary 2ndary 2ndary 2ndary 2ndary 2ndary

(If playing a primary & secondary– you will rotate and work primary & secondary every other week)

DOB: _____ MS: _____ Grade: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Cell: _____

E-mail: _____

PAYMENT OPTIONS

Cost of the Senior WTP is **\$649.⁰⁰**

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

Cost of the SRWTP on the payment plan: **\$749.⁰⁰**

PAYMENT PLAN AVAILABLE

- 1st Payment Due upon Registration... 50%
- 2nd Payment Due on January 8th 25%
- 3rd Payment Due on February 5th 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 some-time before the 2nd and or 3rd 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 _____



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