

# **7u** (For Players 6 & 7 years old)

PBI's 7u clinic series is designed for the player who is ready to play "real baseball" - players who are too old for T-Ball and beyond coach-pitch. This program is geared towards the development of proper skill sets & teaches the mental tools needed on the field of play. Sessions are designed to prepare players with the fundamental skills needed to play "real baseball."

## Topics of the 7u Program Include...

### THROWING

Throwing is one of the most crucial skills in the game. All players need to throw well, regardless of their position on the field. PBI will teach players to throw with proper mechanics in order to not only make good throws, but also create a good base for arm strength and health in the future. Players will learn how to control their throws, and maximize their arm strength, putting it "right on the money".

### HITTING

Basic to intermediate skills are taught including grip, swing plane and lower and upper body swing mechanics. We break down the hitting mechanics step-by-step. PBI uses the latest, most effective hitting products available. Each hitting station emphasizes a different facet of the swing mechanics. Our hitting stations, when performed properly, create positive muscle memory, effectively creating good habits. Live hitting will also be part of the program.

### FIELDING

Proper technique is essential to becoming a good fielder. Learn and sharpen basic fielding skills. Specific drills are designed to create confidence and build a solid fielding foundation. Defense wins games. Your child will field various types of batted balls including ground balls, slow rollers, backhand, forehand, and fly balls. Our step-by-step approach will have your child ready to play with confidence at the next level.

### BASERUNNING & SLIDING

A player with good baserunning skills is always a plus. Learning baserunning properly at a young age will give you great advantages, and put you ahead of the pack as you get older. Studies indicate that most injuries on the baseball field occur while sliding!! These injuries can be easily avoided. We will teach your children the proper sliding techniques. The patented Slide-Rite makes learning to slide safe, fun and easy.