



*(For Players 8 & 9 years old)*

## Hitting Program

All of the fundamental skills needed to be a successful little league hitter are taught including grip, swing plane and lower and upper body swing mechanics. In the 9U program, we hit off of various training devices to develop a solid fundamental hitting base. Numerous hitting stations are set up; each station emphasizes a different facet of the swing mechanics. 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. Baserunning skills will be taught to round out the offensive training program. Our hitting program has been designed with the help of current Pittsburgh Pirates Manager Clint Hurdle and has been recognized as 5 STAR by former San Francisco Giants Manager Felipe Alou.

## Fielding Program

A simple and straight forward approach to developing fundamentally solid fielding and throwing mechanics is taken. Specific drills designed to create confidence and build a solid fielding foundation. Defense wins games. Learn and sharpen infield, outfield and throwing skills. Players will field hundreds of ground balls including slow rollers, backhand, forehand and learn how to “field thru the ball”. Outfield ground balls, fly balls, and getting the proper approach and angles will be covered. All students will make hundreds of throws from basic fielding positions and off-balance. Our step-by-step approach will have players ready to play with confidence at the next level. 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

PBI will develop solid fundamental pitching mechanics and improve strike-to-ball ratios through specific training drills. All pitchers WILL throw strikes. We will utilize what we call the “building blocks” program. All pitchers will be educated to the mechanics and how they relate to each pitch. Pitching: a complex theory and understanding broken into simple to comprehend drills and teaching for our 9U students. All pitchers will throw off of regulation Little League 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 like 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\**