

Two New Spring Training High School Programs from



The Bullpen

High School pitchers prepare for the upcoming Spring Season in "The Bullpen" -- a one-hour throwing session designed and monitored by John Pacella and the Big League Pitching Staff.

The Bullpen will allow pitchers to:

- Refine fundamentals (windup and set positions)
- Develop pitch repertoire (fast ball, change, curve cutter, etc)
- Chart all pitches, increase pitch count week to week
- Develop Pick Offs & Fielding techniques

The Bullpen is a directed program, where both the *Right View Pro* Video Analysis system and The Jugs Gun pitch velocity will be employed to prepare each pitcher to be physically and mentally ready to begin the outdoor season in the spring.

**Sundays Beginning January 10 at 11:00 AM
Four Sessions \$100/ Six Sessions \$140**

The Hit Club

Geared for the High School hitter and designed to challenge development in the three key areas needed to develop an advanced hitter:

- 1) Balanced stance
- 2) Efficient swing path &
- 3) Proper visual tracking (training depth perception).

A Big League instructor will direct these weekly one-hour sessions.

Each hitter can expect to:

- Refine hitting fundamentals-balance, swing path and visual tracking
- Develop ability to hit the inside pitch/outside pitch
- Learn how to hit the curve and change up
- Develop a hitting plan for each game

The instructor will employ cage hitting, batting tee training and the *Right View Pro* video analysis system (putting hitters side by side with Professional hitters) to help prepare for a successful spring season:

**Sundays Beginning January 10 at 10:00 AM
Four Sessions \$100/ Six Sessions \$140**