HS Pitching Prep
Phases 1 and 2

Proper Throwing Motion To Prevent Arm Injury
Use Of Lower Body to Increase Velocity
Strength and Conditioning For Pitchers
Command the Strike Zone

HS Pitching Prep:

Phase 1: Players will be divided between playing levels (Modified, JV, Varsity). In all ages groups, pitchers will learn to be more explosive and gain velocity through their lower body and core. Proper use of the entire body is key to keeping pitchers arms strong and injury free. This will be an intense workout of proper pitching motion and strength and conditioning specific to pitchers.

Phase 2: Players will take the stronger and more efficient motions learned in Phase 1 to the mound for a more throwing intensive workout. Development of secondary pitches will be covered as well as a full video analysis of each pitchers motion. Going into tryouts and the season each pitcher will have gained the confidence and tools to command the strike zone.

4 Week Sessions
$80 Per Session

Phase 1- Sessions 1 and 2 Only
Phase 2- Session 2 and 3 Only
Session 1 Starts January 9th
Session 2 Starts February 6th
Session 3 Starts March 12th

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