



PITCHING CALENDAR

11-14U

NOV/DEC

JAN/FEB

March/
April/May/June

July/August/
September/October

Competition Season



Compete

September

Mechanical Work

Lessons

Lessons

1x
week Lessons

Lessons

Body Movement

1x
week Skill
Classes

1x
week

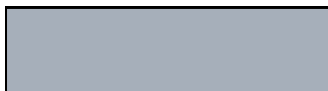
Strength &
Conditioning

Velocity Program

1x
week Skill
Classes

1x
week

Pitch Count Build UP



24 Classes

Arm Strength
Body Movements
Plyo Throws

Velocity Training
Recovery Intro
Team Practices

Pitch Grips
Recovery
Pitch Count Buildup

20% OFF LESSONS





PITCHING CALENDAR

9-10U

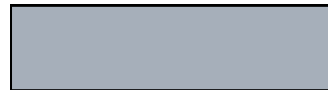
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Mechanical Work



Lessons

1x
week Lessons

Lessons

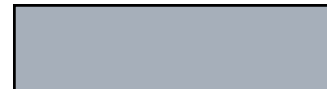
Body Movement

1x
week Skill
Classes

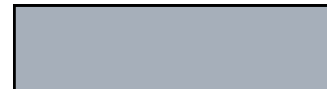
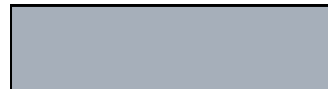
1x
week Skill
Classes

Strength &
Conditioning

Velocity Program



Pitch Count Build UP



March Classes



12 Classes

Arm Strength
Body Movements
Plyo Throws

Arm Slot Training
Recovery Intro
Team Practices

Pitch Grips
Recovery
Pitch Count Buildup

20% OFF LESSONS





HITTERS HIT

DEVELOP A PLAN

Hitting Progression

Nov/Dec

- WATER BAGS
- BODY MOVEMENTS
- MECHANICAL WORK
- SWING PATH

Skill CLasses 1x week

Jan/ Feb

- APPROACH
- SITUATIONAL HITTING
- BALNCE/POWER
- LIVE AB'S

Skill CLasses 1x week

Spring/Summer

- ADJUSTMENTS
- COMPETE

Lessons

Fall

- ADJUSTMENTS
- COMPETE

Lessons

20% OFF LESSONS