

Spring Baseball Camp

Coming To

MAHWAH

APRIL 8, 9, 10, 11 (12)

MONDAY THRU THURSDAY 9:00AM-1:00PM (FRI. RAIN DATE)

FOR PLAYERS AGES... 7 THRU 14

At Continental Soldiers

ITEMS TO BRING– Baseball glove, bat, batting gloves, helmet. We ask that all campers wear appropriate baseball clothing. No Jeans!

LUNCH– Each day we break for a quick lunch (apx 25mins). PBI does not provide lunch. So please pack a light lunch for your child.

SOME TRAINING DETAILS...

HITTING– PBI uses the latest, most effective hitting products available. Students will travel thru a variety of hitting stations; each station emphasizes a different facet of the swing mechanics. We will perform innovative drills to increase your chances of hitting the ball on the “sweet spot” consistently. Our hitting stations, when performed properly, create positive muscle memory, effectively replacing poor habits with good habits.

INFIELD– Our extremely qualified staff will bring your child on an incredible journey “around the horn”, teaching all the “secrets” of infield play along the way. Students will learn and sharpen fielding fundamentals and then move onto more intermediate and advanced skill-work, including backhands, forehands, short hops, long hops, double plays, making tags, and learn how to consistently field “thru the ball” which is vital to being a solid infielder.

OUTFIELD– Proper technique is crucial to being an outfielder. Students learn and polish their outfield skills such as fielding ground balls and fly balls, getting a good ‘angle’ to balls that are in the ‘gap’, and creating a good rhythm to field and make a strong accurate throw back into the infield.

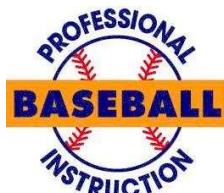
PITCHING– PBI knows pitching! Our innovative “Building Blocks” teaching program has developed top-level youth pitchers and will have your child throwing strikes consistently. Students will be educated to the pitching mechanics and how they relate to each pitch. Topics include: mechanics, pitch grips, mental game, pitchers fielding practice, live throwing & much more. Pitching: a complex theory and understanding broken into simple to comprehend drills and teaching.

CATCHING– The most demanding position on the field. To be a catcher requires skill and courage, so it's important to learn the position the correct way. PBI knows this and has a program tailored by pro catchers to help teach the youth of America. For the players whom choose to catch, they will work on the following skills: throwing skills, receiving pitches, blocking balls in the dirt, footwork, fielding bunts.

BASERUNNING– A team with good baserunning skills is always a threat. Players will travel around the bases working on all the skills needed to run the bases well and intelligently. Home to 1B, baserunning from 2B & 3B, getting a good ‘turn’, extra base hits, tagging up, secondary leads, getting a good jump, and leading.

Register at:

WWW.TMYSB.ORG



Mahwah Youth Sports, in conjunction with Professional Baseball Instruction brings this exciting week of spring baseball to Mahwah! Mahwah Residents Only.

Special Price

\$149.⁰⁰! (reg. \$249.⁰⁰)

Only \$25.⁰⁰ per extra sibling