



Middle school / High school workout program one session per week for 2 hours

June 12th to August 14th - Wednesdays 3:30pm to 5:30pm

Dynamic warm up

Functional Strength training

Speed and agility circuit

Skill work:

- Ground balls, fly balls, glove work around the base, catching drills for catchers

Progressive Hitting Drill Series:

- Fundamental tee work
- Advanced body movement drills for better contact, more power
- Pitch recognition, hitting curveballs, sliders, change ups

Arm Care:

- Weighted ball in-season conditioning
- Band routine for healthy throwing arms

Mobility and Stretching routine

Fast paced 2 hours of skill development, functional movement and body maintenance keeping players healthy and sharp.

Wednesdays so players are ready for the weekend.

10 sessions for \$295...

More information and registration
www.pro35sports.com/baseball-academy

