BASEBALL AT THE MILL WORKS/WESTFORD

Skills Program

**Baseball All Skills** ages 8-12 4 players 5 weeks $160.

The All-Skills clinic covers the fundamentals, skills, and techniques of hitting/bunting, throwing, pitching, and fielding. Using drills, explanation and demonstration players will have the opportunity to develop their baseball skills via personalized/age appropriate instruction.

**Hitting Fundamentals** ages TBD 4 players 5 weeks $160

The Hitting Fundamentals clinic focuses on proper mechanics of the swing. Approach, swing technique and pitch selection will be targeted. Repetition via drills and batting practice will make up part of the instructional program. Video analysis will be utilized to breakdown the swing mechanics.

**Pitching Mechanics 1** ages 8-12 3 players 5 weeks $170.

The Pitching Mechanics 1 clinic will be for the more inexperienced pitcher. Proper throwing mechanics and introduction to the windup and stretch deliveries will be targeted via explanation, drills, and bullpen sessions. Video analysis will be utilized to breakdown the pitching mechanics. The importance of proper mechanics to prevent injury and for maximum performance will be emphasized.

**Pitching Mechanics 2** ages 12-14 3 players 5 weeks $170.

The Pitching Mechanics 2 clinic will focus on the development and understand of proper pitching mechanics. The breakdown of the windup and stretch deliveries will be targeted via explanation, drills, and bullpen sessions. Video analysis will be utilized to breakdown the pitching mechanics. The changeup will be introduced and developed. The importance of proper mechanics to prevent injury and for maximum performance will be emphasized. Conditioning exercises specific to pitching will be covered.

**Pitching Mechanics 3** ages 15-18 3 players 5 weeks $170.

For the advanced player, high school and above. Refine and understand the importance of proper pitching mechanics. Further develop the change up and off-speed pitches. Work on command and pitching with in the strike zone.

“Have to be able to throw a strike when you need to and be able to throw a ball when you want to.”

Conditioning program and exercises specific to pitching will be covered.

**Hitting/Pitching Mechanics** ages TBD 4 players 5 weeks $160.

The Hitting / Pitching Fundamentals clinic focuses on proper mechanics of the swing and pitching delivery.

Approach, swing technique and pitch selection will be targeted. Repetition via drills and batting practice will make up part of the instructional program. Video analysis will be utilized to breakdown the swing mechanics.

The development and understand of the windup and stretch deliveries will be targeted via explanation, drills, and bullpen sessions. Video analysis will be utilized to breakdown the pitching mechanics. The changeup and curveball will be introduced and developed. The importance of proper mechanics to prevent injury and for maximum performance will be emphasized. Conditioning exercises specific to pitching will be covered.

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