

Advanced Pitching & Catching Program



Featuring Al Mottram & Jeff Allison

***Location:* Play Ball - 16 Industrial Way, Salem NH 03079**

Play Ball 's advanced pitching and catching program will be run by former professional players Al Mottram and Jeff Allison. Al was drafted by the Arizona Diamondbacks organization and played five years professionally. He has eight years of coaching experience and will be working with the catchers. Jeff is former first round pick in 2003 for the Florida Marlins and played eight years professionally. He has five years of coaching experience and will be working with the pitchers. Each session for this program will be four weeks and will run for an hour and fifteen minutes per practice.

The catching portion will cover the following area's..

- Receiving, Blocking & Throwing
- Sign Giving & Game Situations
- Speed & Agility
- Core, Leg, & Arm Strength
- Working With Pitchers

The pitching portion will cover the following area's..

- Pitching Mechanics & Pitch Development
- Arm Care & Strengthening
- Pitcher's Fielding Practice (PFP's)
- Speed & Agility
- Core & Leg Strength

Sessions dates & times will be the following Tuesday's

Ages 10 to 13

Session 1: December 1st, 8th, 15th, 22nd (3:15pm to 4:30)

Session 2: January 6th, 13th, 20th, 27th (5pm to 6:15)

Session 3: February 3rd, 10th, 17th, 24th (5pm to 6:15)

Session 4: March 2nd, 9th, 16th, 23rd (5pm to 6:15)

Ages: 14 to 18

Session 1: December 1st, 8th, 15th, 22nd (4:45pm to 6)

Session 2: January 5th, 12th, 19th, 26th (4:45pm to 6)

Session 3: February 2nd, 9th, 16th, 23rd (4:45pm to 6)

Session 4: March 1st, 8th, 15th, (4:45pm to 6) **March 19th (1pm to 2:15)

Cost: \$150 per session

For more information about this program or to sign up:

Call Play Ball Salem (603) 898-0332 or email Al Mottram at al@goplayball.com