

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

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

April: 5th, 12th, 19th, 26th (Tuesdays - 6:00pm to 7:15)

Ages: 14 to 18

March: 1st, 8th, 15th, (4:45pm to 6) **March 18th (6pm to 7:15)

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