

PLAY BALL

Advanced Training Program Featuring Billy Mottram

Play Ball 's advanced training program will be run by former professional player Billy Mottram. Billy was drafted by the Chicago Cubs organization and played five years professionally. He has five years of coaching experience and currently coaches our 17U Showcase Team out of Nashua. Each session for this program will be four weeks and will run for an hour and fifteen minutes each practice.

This program will cover the following area's...

Hitting: Improve your hitting through various hitting drills and professional instruction. We will also cover situational hitting as well the mental approach to hitting

Defense: Improve your defensive skills through various drills and professional instruction. We will cover infield and outfield situations.

Speed & Agility: Improve your speed and quickness through various exercises and drills. We will be using agility ladders, hurdles, and cones.

Arm Strength: Improve your arm strength through various baseball specific exercises and throwing.

Core & Leg Strength: Improve your core and leg strength through various exercises and circuits. We will be using medicine balls.

Days/Times

Fridays

Ages 9 to 12- (5pm- 6:15pm)

Ages 13- 18- (6:30pm- 7:45pm)

Cost: \$175 per session

Location: Play Ball – 9 Congress St, Nashua NH 03062

SESSIONS

Session 1- Dec 9, 16, 23, 30

Session 2- Jan 6, 13, 20, 27

Session 3- Feb 3, 10, 17, 24

Session 4- March 3, 10, 17, 24



For more information about this program or to sign up call Play Ball Nashua (603) 883-2323 or email Billy at Billy@goplayball.com