PLAY BALL

Advanced Pitching & Catching Program
Featuring Al Mottram & Jeff Allison

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 nine 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 six 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

Ages 13 to 18

Session 1: December 6, 13, 20, 27
Session 2: January 3, 10, 17, 24
Session 3: January 31st, February. 7, 14, 21
*Session 4: February 28th, March 7, 14, **17th (6:30p to 7:45)*

Ages 9 to 12

Session 1: December 8, 15, 22, 29
Session 2: January 5, 12, 19, 26
Session 3: February 2, 9, 16, 23
Session 4: March 2, 9, 16, 23

Time: 4:45pm to 6pm for both age groups

Cost: $175 per session

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

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