

PLAY BALL

Advanced Training Program Featuring Al Mottram & Jeff Allison

Play Ball 's advanced training 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. Jeff is former first round pick in 2003 for the Florida Marlins and played eight years professionally. He has six years of coaching experience. Each session for this program will be four weeks and will run for an hour and fifteen minutes per 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.



Ages 13 to 18

Session 1: December 7, 14, 21, 28

Session 2: January 4, 11, 18, 25

Session 3: February 1, 8, 15, 22

*Session 4: March 1, 8, 15, **18th (6:30p to 7:45)*

Ages 9 to 12

Session 1: December 9, 16, 23, 30

Session 2: January 6, 13, 20, 27

Session 3: February 3, 10, 17, 24

Session 4: March 3, 10, 17, 24

Time: 5pm to 6:15 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