

# 8-Week Intensive Summer Program. Sign-ups @ On-Deck

## West Coast Baseball School "Home of Future Prospects"

### SUMMER PLAYER DEVELOPMENT PROGRAM



#### YOGA

THE PERFECT COMPLIMENT TO STRENGTHEN AND STRETCH MUSCLES IN BOTH THE MIND AND BODY. HELPS PREVENT INJURIES AND GREATLY IMPROVES FLEXIBILITY AS WELL AS BREATHING



#### THROWING PROGRAM

EVERY WORK-OUT WILL INCLUDE TUBING, JOBES, WEIGHTED BALL WORK AND FREE WEIGHTS



#### MENTAL APPROACH

PLAYERS WILL BE INTRODUCED TO MENTAL TRAINING EXERCISES WHICH ALLOW EACH PLAYER TO IMPROVE HIS FOCUS, WHILE LEARNING TO DEAL WITH PRESSURE, AND AT THE SAME TIME, ELIMINATING DISTRACTIONS DURING THE COURSE OF THE GAME



#### DEFENSIVE SKILLS

INFIELD/OUTFIELD, BUNT COVERAGES, GAME SITUATIONS



#### NUTRITION

WEEKLY MONITORING PLAYERS CALORIC, PROTEIN AND CARBOHYDRATE INTAKE TO MAXIMIZE PERFORMANCE. WEIGHT LOSS OR WEIGHT GAIN ACCORDING TO EACH PLAYERS NEED



#### PLYOMETRICS

TO IMPROVE THE ATHLETES CAPACITY TO APPLY MORE FORCE, MORE RAPIDLY



#### FAST-TWITCH

IT DEVELOPS AN ATHLETES SPEED, QUICKNESS, EXPLOSIVENESS, POWER, ENDURANCE AND STRENGTH TO IT'S MAXIMUM POTENTIAL



#### HITTING

STANCE, APPROACH, SWING, SHORTEN ROUTE AND IMPROVED BAT SPEED