

BASEBALL PITCHING INSTRUCTION



Ages 8-12

Learn how to :



- . Achieve better dynamic balance during the delivery
- . Deliver the ball to the plate the most mechanically efficient way
- . Properly prepare your body to protect your throwing arm
- . Train properly preseason, in-season, and postseason
- . Set up batters with the proper pitches (work the count)
- . Mentally prepare for a start

This program is based on :

- . Ruben's 20+ years of experience treating overhead athletes
- . Latest biomechanical research on pitching mechanics
- . The work of Tom House & Dick Mills to name a few
- . The ACSM & NSCA guidelines for strength & conditioning

Cost :

- . \$45 per 1/2 hour lesson
- . \$220 for 5 lessons
- . 400 for 10 lessons (best value)

Instruction is held in the clinic in the evenings.

Call Now To Reserve Your Spot In The Rotation!

714.695.1566

About the Instructor : Ruben is a Doctor of Physical Therapy with a Masters degree in Biokinesiology. He is also a board certified Orthopedic Specialist and a Certified Strength & Conditioning Specialist. His unique experience as a coach, pitcher and clinician has enabled him to develop this unique program.