



Rage Exclusive Pitching Sessions:

***biweekly clinics for age groups 13u and 16u ***

Session 1 - 4 Friday Night Clinics from 7:30-8:45 (October 5th through November 30th)

October 5th - 16u - Mechanics - Foundational Mechanics for Your Most Powerful Motion
October 12th - 13u - Mechanics - Building a Strong Foundation
October 19th - 16u - Power - Throw 5mph harder by doing these three things!
October 26th - 13u - Power - Throw 5mph harder by doing these three things!
November 2nd - 16u - Spin - The Strikeout Curve Ball
November 9th - 13u - Spin - Learning to Throw an Effortless Drop Ball
November 16 - 16u - Mental Game - It's Always a Pitcher's Count
November 30th - 13u - Mental Game - Getting Ahead. Staying Ahead.

Session 2 - 4 Evening Clinics from (December 7th through February 1st)

December 7th - 16u - Mechanics for Speed
December 14th - 13u - Mechanics for Speed
December 21st - 16u - Conditioning - An Elite Pitcher's Conditioning Program
January 4th - 13u - Conditioning - An Elite Pitcher's Conditioning Program
January 11th - 16u - Power, Power, Power
January 18th - 13u - Power, Power, Power
January 25th - 16u - Spin - Utilizing The 4 Corners of the Plate
February 1st - 13u - Spin - Utilizing The 4 Corners of the Plate

Session 3 - 4 Evening Clinics from (February 15th - April 5th)

February 15th - 16u - Mental Toughness: The Importance of Visualization
February 22nd - 13u - Mental Toughness: The Importance of Visualization
March 1st - 16u - Spin - Fingertips and Hips - Getting the Most from your Moving Pitches
March 8th - 13u - Spin - Fingertips and Hips - Getting the Most from your Moving Pitches
March 15th - 16u - Arm Speed - 5 drills to Maximize your Performance
March 22nd - 13u - Arm Speed - 5 drills to Maximize your Performance
March 29th - 16u - Mental Game - K's and ERA's - Reading Batters/Getting the Good Ones Out
April 5th - 13u - Mental Game - K's and ERA's - Reading Batters/Getting the Good Ones Out

Regular Cost is \$199 Rage Cost \$170

Pitchers MUST bring someone to catch for them.