

Saturday November 2nd

SOUTH DALLAS CATCHING CLINIC

Mitch Abeita has played seven different pro-teams, including the New York Yankees, where he studied under Jorge Posada, Joe Girardi, Tony Pena, and more. He has a wide knowledge base of drills and exercises that will push your player to improve his game. This clinic is an intense **Three-hour** course of catching instruction. Come with a good attitude, and be ready to learn.

Equipment required:

Catching gear (cup, helmet, chest protector, shin guards)
Glove
Tennis shoes
WATER

Pricing

\$150 per player ----- 3 hour

BOYS 8-12 YEARS	
TIME	DRILL
9:00	Equipment
9:20	Agility/Stretching
9:40	Receiving
10:20	Blocking
11: 00	Throwing
11:50	Closing Speech

BOYS 13-18 YEARS	
TIME	DRILL
1:00	Equipment
1:20	Agility/Stretching
1:40	Receiving
2:20	Blocking
3:00	Throwing
3:50	Closing Speech

Topics to be covered

- Equipment
 - Equipment care
 - Equipment use
- Agility and Stretching
 - Hip Flexibility
 - Quick-feet
 - Catcher's stretches
- Receiving
 - Three receiving positions
 - Safety
- Blocking
 - Proper technique
 - Eliminating Fear
- Throwing
 - Foot work and Balance
 - Throwing to targets
 - Mechanics and Arm Care
- Closing Speech
 - Goals

For all questions call 214-534-5706
Or email Catchit123@gmail.com

*****Limited place on the roster*****

Register today by phone or email