

MINOR LEAGUE EXPERIENCE

2019

Rich Coletta and Frank Monastero

When: Feb 9th-March 16th

Time: 1pm-2:30pm

Cost: \$325

Who: Grades 5-8

Register Online: www.diamondbaseballkop.com

This advanced program is open to all middle school players who are interested in improving their baseball skills and fundamentals. Although there will be significant amount of teaching and demonstration as part of the program, players will be exposed to a teaching system setup up to mirror a minor league spring training program that helps players get ready for their upcoming season.

Areas of Instruction

- **Offense-** Approach, Swing Mechanics, Bunting, Bat Speed and Swing plane.
- **Base Running-** Reads, Leads and Sliding

Defense

- Infield- Footwork, Hands and Double Plays
- Outfield- Approach and Angles
- Catchers- Blocking, Release time and Footwork
- Throwing- Mechanics and Arm Strength