



MISSISSAUGA MAJORS BASEBALL ASSOCIATION
ROOKIE-BALL HOUSE LEAGUE INDOOR TRAINING PROGRAM
JANUARY – MARCH 2025

ROOKIE Ball (Age 8-9 years old or turning that in 2025) planning to register for the 2025 season are invited to register to be selected for a limited # of spots in our instructor-led indoor baseball training program.

This 13-week program will run on **Sundays** from January 5 through March 30, 2025 from **10:00am – NOON** hosted at the 643 Baseball Inc facility; 2455 Cawthra Road, Unit 28.

Teaching topics will include;

- ✓ Catching - 5 Fundamental Steps, Egg drill/Soft hands, Pop Flies, Catcher Training.
- ✓ Throwing - Arm & Body Technique – T-Step, Release. Grip. Throwing Speed Drills 3rd to 1st, Throwing Accuracy Drills. Pivot Catch/Throw
- ✓ Game Theory - What do I do WHEN the ball comes to me (who to throw to). Knowing the count and # of outs & why that matters on every play.
- ✓ Conditioning - Running, Core Strengthening, Stretches for shoulders, arms, and legs
- ✓ Hitting – Includes use of the onsite Batting Cages!
 - Balanced Swinging. Proper stance through finishing the swing. Understanding Power vs Contact hitting and how to adjust as the pitch and strike zone change.
 - Lob hitting in to a net & Self-pitch drill.
 - **Photos** of actual batting cage swings to breakdown and identify corrections.

COST: Pre-paid total cost of **\$300** per player, payable by mid-September 2024; no refunds for player missed sessions for any reason.

NEXT STEPS: As we suspect demand will exceed availability, we are now accepting completed online survey applications through the link below.

<https://s-ca.chkmt.com/2025HLDEV>

Player surveys will be reviewed, & the lucky players will be selected and emailed an invoice along with the next steps by Bob Raymond, Player Coach Development Mgr.