



MISSISSAUGA MAJORS BASEBALL ASSOCIATION
Rookie Ball HOUSE LEAGUE INDOOR TRAINING PROGRAM
JANUARY – APRIL 2026

Rookie Ball (Ages 8-9 years old or turning that in 2026) planning to register for the 2026 season are invited to register for a selected one of 20 spots in our instructor-led indoor baseball training program.

This 12-week program will run on **Sundays** from January 25 through April 12, 2026 (Ratings Day is planned for April 19th) 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.
- ✓ 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 Cage!
 - 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, and T-Stand practice.
 - **Photos &/Video** of individual swings to breakdown and identify corrections.

COST: Pre-paid total cost of **\$300** per player, payable by September 27, 2025; As space is limited, by registering you are making a commitment. NO refunds 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://forms.gle/PStKEBA79zXpd6gm9>

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