



PPH Baseball

DISCOUNTS FOR ALL MEMBERS!

(732) 586-1309

www.pphbaseball.com

info@powerpitchingandhitting.com

Call or email for scheduling!

LESSONS NOW AVAILABLE FOR ALL LAWRENCE
LITTLE LEAGUE MEMBERS!

PRIVATE LESSONS and GROUPS

Our Private lessons are offered in Pitching, Hitting, Fielding, and/ or Catching. You can choose between ½ hour sessions and 1 hour sessions. You can split 1 hour into half hour sessions with the focus on 2 skills. You can also spend 1 hour on specific skill. Some skills are advised to keep at ½ hour for quality purposes.

- Private Lessons
- Semi- Private (2 players)
- Small Groups (4 or fewer players)
- Specialty Clinics
- Family Plans
- Reduced Rate

PRIVATE 1 On 1 TRAINING

Hours	Half Hours
5 hours for \$395	5 for \$250
8 hours for \$595	8 for \$360

TEAM TRAINING

\$150 for 1.5 hr practice

GROUP TRAINING

Call for pricing!

Pitching

- Learn what everybody else wants to know about the secret to unlocking power in the hips: "hip separation"
- Go through our series of drills and mound sessions to unlock your potential by increasing velocity and command
- Learn to gain command of pitches
- Learn what countless other have learned when it comes to preparing for a game. Learn proper mindset and warmup to be game ready.
- Learn to prepare the arm for success with our Arm Care Program

Hitting

- Learn to maximize your potential by using the hips and hands.
- Learn how "SEPARATION" helps unlock power in the swing
- Learn how your hips will deliver the hands
- Learn to hit to all fields and up your batting average
- Take your hitting experience to a whole new level

Catching and fielding

- Learn to block and receive as well as proper footwork to throwing runners out
- Learn proper fielding position, footwork, turning double plays, back hand plays as well as slow rollers

