

BALLPLAYERS ACADEMY

8-WEEK YOUTH DEVELOPMENT

PITCHING PROGRAM

TRAIN WITH PURPOSE. THROW WITH CONFIDENCE.

FRIDAYS | STARTING JAN 29, 2027

1-hour sessions | Start times between 4:30 and 6:30 PM
Players grouped by age and skill level

4 PLAYERS PER GROUP

$320 FOR ALL 8 WEEKS

MIDDLE SCHOOL & YOUNGER

THE 60-MINUTE SESSION

30 MIN

PREP + ARM CARE

Mobility / arm care / plyos / bands

30 MIN

MOUND WORK

Pitching work / post-throw routine

PROGRAM DESIGNED BY BRIAN ANDERSON, TOM DOWNEY & ELLIOT ROBLES

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