

Advanced Skills for Middle and High School Baseball

Our winter program is a fundraiser effort for the Red Devils Baseball Club. We need to buy new balls, new nets and equipment that you can see during our practices all year round. We also cover registration fees when possible, for kids that need it. We still need to incorporate the club as a non-profit organization. The coaches are volunteers.

Thank you for your support.

WHY?

- ADVANCED SKILLS FOR MIDDLE AND HIGH SCHOOL BASEBALL DURING OFF SEASON TO KEEP YOUR YOUNG ATHLETE IN SHAPE
- 5:1 RATIO ATHLETES TO COACHES
- COACHING STAFF CERTIFIED BY CARL RIPKEN BASEBALL & NATIONAL YOUTH SPORTS COACHES ASSOCIATION
- PROFESSIONAL FACILITIES

WHEN?

14 Training (1 hour) Sessions* per Group

Dates 2021 & 2022 Schedule on Fridays 6-8PM

November: 12, 19 December: 3, 10

January: 7, 14, 21, 28 February: 4, 18, 11, 25

March: 4, 11

*Hours and dates may vary

WHERE?

The Baseball Zone

9125 Gaither Rd, Gaithersburg, MD 20877

PROGRAM:

The Winter Training program features two components:

1. Baseball Advanced Skills (see back of page for more details)
2. Baseball – Specific Athletic Conditioning Training

THE RED DEVILS PHILOSOPHY:

We are a baseball club with primary core beliefs which focuses on:

- Integrity
- Sportsmanship
- Teamwork & Respect

We develop not only athletes but also future leaders in our community

REGISTRATION:

Age: Boys and Girls 12 to 15 years

Level: Intermediate

Limited Availability (7 Athletes per group)

Register by: October 20, 2021

COST

Four payments of \$150, Due on:

Oct 31, Nov 30, Dec 30, 2021 and Jan 30, 2022

For Payments go to www.thereddevilsbaseball.com



CORE PROGRAM:

CHAPTER 1 Advanced Infield Ground Ball Mechanics

Infield Development

Routine Ground Ball Mechanics

Backhand Mechanics

Slow Roller Mechanics

CHAPTER 2 Advanced Middle Infield Double Play

Feeds and Pivots

Double Play Feeds and Pivots

Shortstop Feeds

Second Baseman Pivots

Second Baseman Feeds

Shortstop Pivots

CHAPTER 3 Advanced Play for First and Third Bases

First and Third Base Development

First Base

Third Base

CHAPTER 4 Advanced Outfield Play

Outfield Development

CHAPTER 5 Advanced Pitching

Pitcher Development

Windup delivery

Pitching types: FB, CV, CH

CHAPTER 6 Advanced Catcher Play

Catcher Development

Catcher Stances

Receiving Skills

Blocking a Pitch in the Dirt

Throwing Out Base Runners

Passed Ball or Wild Pitch Retrieval

Pop-Ups

Fielding Bunts

CHAPTER 7 Advanced Offense

Offensive Development

Advanced Hitting Mechanics

Execution Skills

Outside the Lines

CHAPTER 8 The Mental Edge

The Power of Thought

Practical Mind Games

SPORTS, FUN AND LEADERSHIP VALUES

PROGRAM COMMITTEE:

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Coaches Certified by:



NATIONAL YOUTH SPORTS COACHES ASSOCIATION

and

CARL RIPKEN BASEBALL



WINTER TRAINING



RED DEVILS