



PRESENTS

LAKESIDE YOUTH BASEBALL ONE DAY PITCHING/THROWING SESSIONS

This session will be designed for players between the ages of 8 and 15 years old. **MPH101** will introduce concepts in current motor learning principles to help each player improve their personal mechanical inefficiencies. This one day, two hour session will hopefully open the players and parents eyes to a better more efficient training routine.

We want to give your player the tools and drills to start down the path of being his own best throwing/pitching coach.

Topics we will cover:

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- **7 Throwing Attractors**
- **Constraint based drills to address mechanical issues**
- **MPH101 Arm Care protocols**
- **MPH101 functional strength and conditioning protocols**
- **Long Toss Plan**
- **Velocity Assessment**
- **Recovery concepts**

Parents are welcome to accompany their athlete during the program.

Location: Lakeside Little League

Time: 1:00PM-3:00 PM

Date: March 8th

Ages: 8-15 years

