



Advanced Spring Training with Video Analysis

Play Ball's ASTP is designed for the athlete who's looking to prepare himself/herself for the upcoming baseball/softball season.

The ASTP will be run by former Arizona Diamondback player Allen Mottram. This program will improve the player's overall game in the following areas.

Defense- Improve your defensive skills through drills, video analysis and pro instruction.

Hitting- Improve your hitting skills and mental approach through drills, video analysis and pro instruction

Arm Strengthening- Improve arm strength through long toss and various arm strengthening exercises

Core Training/Speed and Agility- Improve overall strength and quickness through various drills

Allen's Bio

- 4 year varsity player at Central Catholic High School
- 3 time MVC All-star
- All-Massachusetts Team (1999)
- Helped U-mass Lowell to reach the Division 2 College World Series in both 2001 and 2002
- Holds 7 hitting records at U-mass Lowell
- Division 2 All-American (2002)
- Northeast-10 Player of the year. (2003)
- 24th round draft pick for the Arizona Diamondbacks in 2003
- Played 5 seasons of pro ball
- 2 time All-star at the pro level. Midwest League (2005), Northern League (2006)

2 Sessions (Each Session is 5 weeks)

Ages: 13-19

Session 1: Starts Jan. 3rd

Session 2: Starts Feb. 7th

**Time and Days: Tuesdays and Thursdays
3:30pm to 5**

Cost: One session \$260 Both Sessions \$500

