

Top Prospects Hitting clinic with MLB Guest, Shawn Green

This clinic is designed for high school, college and pro players only.

Saturday, December 18th from 4:00-6:00pm

Location: **Proball**
2668 S. Grand Ave., Santa Ana, Ca 92705

Description:

Receive personalized hitting instruction from 12 yr. MLB veteran Shawn Green (LA Dodgers, NY Mets). In the first hour, Shawn will talk about his hitting philosophy and the drills and techniques that he used over the course of his career to compile over 2,000 hits, 300 home runs and multiple offensive MLB records. In the last hour of the clinic, Shawn will work with participants in the cages to help them customize and apply the educational material (Tee-work, soft-toss and live pitching is included)

Objectives:

- increase ability to hit for power
- learn drills to increase balance, bat speed & pitch recognition
- Strategy hitting: Change of speeds/curveballs, counts
- Make adjustments: mental toughness at the "big league" level
- Gain valuable tips for playing at the next level (college and professional)



BASEBALL TRAINING FOR MIND AND BODY

Shawn Green Hitting Clinic

Players \$200/each; Parents/Coaches \$100/each (space is limited)

Name(s) _____ Age(s) _____
_____ Age(s) _____
_____ Age(s) _____
Address _____

How many players will attend? _____ How many adults will attend? _____

Total amount enclosed \$ _____

Email: _____ Phone#: _____

Comments: _____

Proball, Inc. 2668 S. Grand Ave, Santa Ana 92705 proballbaseball.com

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Registration Fees Due by: December, 11th 2010

Space is limited. Full payment in advance required to hold your spot. No refunds.

Please make check payable to Proball, Inc.