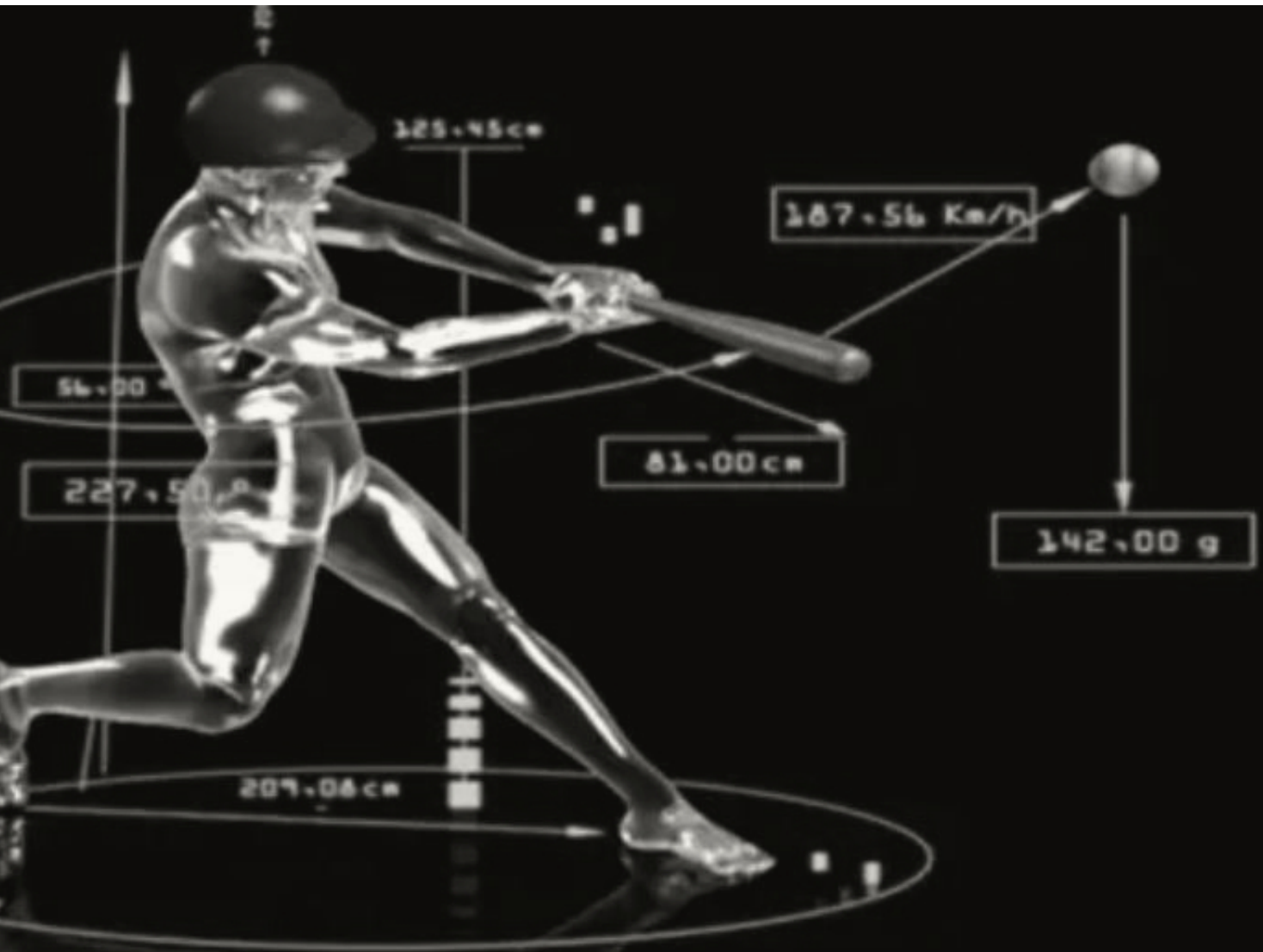


PHILADELPHIA PRIME BASEBALL

WINTER WORKOUTS
PRIME TRAINS

CULTURE
WINS



The primary goals of the Philadelphia Prime Off-Season Development Program are to help maximize player's mental approach, overall athleticism, and on-field performance in an environment where they will be challenged and have fun.

We will prioritize the implementation of mental skills work, speed/agility/explosiveness training, general strength/fitness and addressing classroom based activities. Players will learn skills such as acceleration mechanics, incorporate different tools to improve throwing/pitching performance, bat speed and swing path training, in-game situational awareness, and many others.

Player progress in these areas will be tracked and monitored through checkpoints along the way. We also plan to have a culminating end of off-season event for all players in the Prime Off-Season Program to showcase their hard work in a fun and competitive environment.

OFF-SEASON DEVELOPMENT PROGRAM
[BASELINE TESTING + WEEKLY WORKOUTS + HOME PLAN]

philadelphiaprimebaseball.com