



# IMG ACADEMY

## BASEBALL PROGRAM

Anchored by coaches with years of collegiate and professional experience, the IMG Academy baseball program provides the most comprehensive individualized training available in the game today.



## PROGRAM FEATURES:

- » Skill level-specific camps available for all abilities, Ages 10+
- » Analyze batting, pitching and fielding technique through video analysis
- » Nation's premier prep Wood Bat Leagues draw players from around the world
- » Recruiting Education
- » Train and compete like athletes in our renowned Prep-School program
- » Improve mental toughness, speed/agility, nutrition, hand-eye coordination and leadership ability (TOTAL ATHLETE Camp)
- » Improve balance, movement, concentration, confidence, flexibility and strength with group Mental and Physical Conditioning (Core Baseball Camp)

## COACHING:

- » Position-specific instruction from coaches with collegiate and MLB experience
- » Receive all-around training and development through drills, practice sessions and situational game play

## HOW YOU'LL IMPROVE:

- » **Hitting:** Proper mechanics, mental approach, plate discipline, situational hitting, bunting
- » **Catching:** Receiving, blocking, throwing/footwork mechanics, game calling
- » **Pitching:** Proper mechanics, warm-up routines, throwing programs, on-field drills, the mental side
- » **Fielding:** Proper mechanics, footwork, defensive positioning, cutoffs and relays, infield/outfield communication
- » **Base Running:** Primary and secondary leads, jumps, routes, steal keys, situational rules, sliding techniques
- » **Physical Performance:** Increase speed/agility, build explosive power, increase endurance, injury-prevention



"Thank you for helping to make the summer at the IMG Academy Wood Bat League an experience that (my son) will never forget. He learned a lot about himself and is more focused than ever on what he needs to do to be a successful baseball player."

Leticia C., Mother of an IMG Academy Wood Bat League participant

## NOTABLE ALUMNI/TRAINEES:

Andrew McCutchen, Pedro Alvarez, Joey Votto, Joe Mauer, Josh Hamilton, Neil Walker, Ian Desmond, J.R. Murphy, Tyler Pastornicky, Ryan Zimmerman, Adam Dunn, Chris Denorfia, Jeremy Hellickson, Michael Cuddyer.

» **ASK US ABOUT OUR ADULT AND YOUTH ESL CAMPS!**