



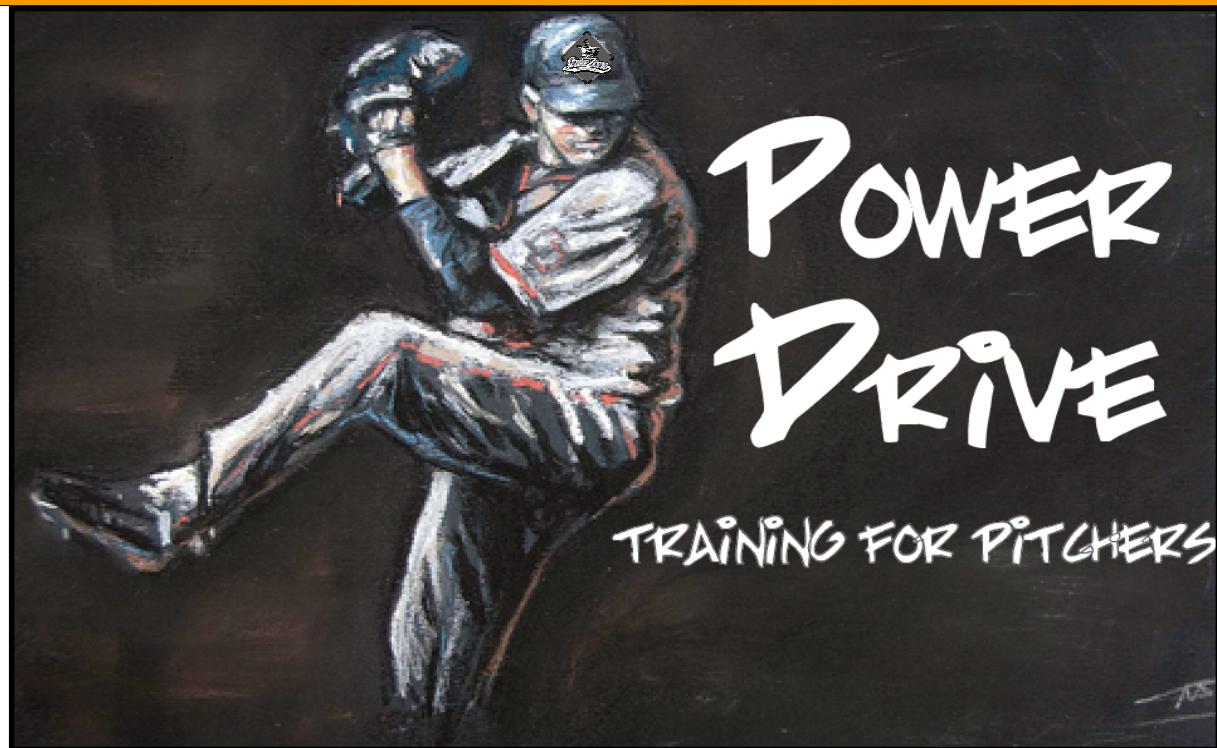
POWER DRIVE TRAINING

STRIKE ZONE
2900 South 110th St.
Omaha, NE 68144
(402) 398-1238
www.strikezoneomaha.com

STRIKE ZONE

2900 SOUTH 110TH STREET
OMAHA, NE 68144
(402) 398-1238
WWW.STRIKEZONEOMAHA.COM

PITCHERS POWER DRIVE USED BY COLLEGES AND PROFESSIONALS



PITCH HARDER PITCH FASTER
We have one goal...To maximize your pitching power.

This program:

- Teaches pelvic loading for velocity increase
- Teaches back side hip lead initiation down the mound.
- Teaches to keep weight back down the mound and then to shift through into landing explosiveness.
- Teaches to keep front shoulder up down the mound so not to be out front resulting in flying open and tilting down with front side and shoulder.
 - Teaches to keep front shoulder and hip closed into landing.
 - Teaches balance through knee lift.

Registration Form is on back of this brochure. Please complete and send in with your payment.

This will be a high intensity workout, focused solely on improving your pitching power. For Serious Players Only.

Physically this program creates and encourages pitchers to be more explosive, more athletic. These quick twitch movements are crucial in the development of more force into the pitching or hitting motions. This makes our program hard. A baseball and softball pitchers has to focus on three aspects—the mental, the physical, and the mechanics of pitching:

This training will improve:

- your ability to throw the baseball.
- your body's ability to be explosive. (Stronger/Faster/Quicker)
- Your throwing mentality.

This is the newest training method in developing proper pitching mechanics.

Power Drive Pitching

Weight shift and back leg drive are two of the most important aspects of lower body mechanics that will help a pitcher improve his velocity. Most Little League, high school and many college pitchers do not understand how to do this. This is the reason that this Power Drive Training for Pitchers program was created....to help pitchers improve their lower body power.

CLASS FORMAT:

Two Hour Sessions
Power Driver Drills
Power Drive Throwing Drills
Circuit and Strength Training
Proper Heavy Ball Work
Core Training
Improve Balance
Mound Presence
Some Video Work

Session Days

- Tuesday 5-7 PM
- Friday 6-8 PM
- Saturday 12-2PM

Session Days

- 4 Week-\$125
- 8 Week-\$200

*A Word of **Caution**...*

This workout plan is for serious athletes only. There is no system that works without effort from the part of the player. This program requires a serious commitment from the player.

Name _____ Age: _____ Member #: _____

Telephone: _____ Cell: _____

Address: _____

City/State/Zip: _____

Email: _____

School: _____

Parent/Guardian Release: _____

(Visit www.strikezoneomaha.com for Cancellation Policy and Full Release Statement)

DATES:

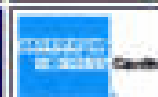
- November
- December
- January
- February
- March

Total Amount: \$ _____

PAYMENT METHOD: Cash Check Visa MC Disc AMEX

Card No _____

Exp Date _____ 3 digit V-Code _____



Mail To:
The Strike Zone
2900 S 110th St
Omaha, NE 68144
Or Fax
(402)399-2019