



Indoor Training Center

NEWS FROM THE DUGOUT

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HAPPY NEW YEAR

Welcome to “News From The Dugout”. Here you will find valuable baseball tips and useful training advice articles . We also will have topics for discussion and perhaps create a BP blog. You will also find out what’s on deck at BP and Pro Shop specials.

General News: The cages and field is open free to members on then following days in January. Sunday, January 6,13,20,27 from 6-8 PM. Wednesday, January 9, 16,23,30 6-8 PM. Saturday January 12 from 6-8PM.

This gives each member 4.5 hours of available free cage time per week as part of the membership package as well as unlimited use of the training room.

The Upper Deck (function room on second floor)is available for rent. Great place for family parties,birthdays,meetings etc. Call 781-837-4263 for details and reservations.

PRO SHOP Is loaded with “All the top gear’.

Free Coaches Clinic

Baseball Plus, The South Shore’s newest indoor training center, in association with Eastern Mass All-Stars www.emassallstars.com will be holding a Free Coaches Clinic. All coaches are welcomed.

This free clinic will be held at Baseball Plus,835 Plain Street,Marshfield,Ma., on Saturday, January 19,2008 from 10 am -12pm. This is a hands on clinic and coaches are encouraged to bring 1 or 2 players with them to do drills. Please call or email to register.

EASTER MASS ALL-STARS ALL SKILLS CLINIC

Baseball Plus, The South Shore's newest indoor training center, is pleased to announce 11U and 12 U all skills clinics operated by the Eastern Massachusetts All-Stars. These clinics will be taking place at Baseball Plus, 835 Plain Street ,Marshfield,Ma.this winter. The EMass. All-Star organization (www.emassallstars.com) has proven their worth over the past six years, taking teams of top level 12U players from Massachusetts to national tournaments, and will be running sessions at Baseball Plus this February and March. Space is limited, so for more information contact Baseball Plus at 781-837-GAME, www.Baseballplus.org or contact the EMass. All-Stars directly at 617-489-0156 (please ask for Stephen Zerdelian)

Training Article # 2

Real Players Hit With Wood

Practice with wood . . . and you'll win with aluminum.

It's really very simple. An aluminum bat swing can be mechanically flawed but still get results. Inflated averages & power numbers abound with huge aluminum sweet spots & tricked-out metal alloys.

But eventually bigger fields and better pitching eliminates many aluminum bat hitters well before High School . . . and it doesn't have to be!

Much of the physical side of the game is about: BAT,HAND and FOOTSPPEED

Much of hitting is about:

TIMING & BALANCE (Strength helps too)

Wood Bats feel head-heavy, with much smaller sweet spots so any imperfections in a swing are magnified.

Training with wood forces the player to become mechanically precise & builds bat speed and strength. Additionally, wood trains hitters to really learn the strike zone and not swing at bad pitches (ever hit one off the end or the handle? . . . it hurts... and many times it breaks!)

To successfully swing with wood...

1. Trigger the hands earlier into the load position
2. Keep your hands inside the ball (meaning hands closer to the body throughout the swing to make for a quick rotation to the ball)
3. Stick with it until your muscle memory acclimates to this new weapon.

Use your wood bat instead of your game aluminum for tee work, soft toss, in a cage &

when hitting live pitching & you'll get the results you're looking for!

Wood Increases Bat Speed! Bat Speed Equals Power!

The Pro Shop has a full line of wood bat for all ages.

The Staff at Baseball Plus