

BASE

Training ♦ Mentorship ♦ Cage Rentals

CATCHING ACADEMY



#BASEdriven

BASE

Catching Academy

The Base By Pros Catching Academy is designed to maximize your defensive potential. This is one of the most underserved areas in baseball training. By working from foundational skills to elite level movements, BASE by Pros Catching Academy will make sure your athlete shines on the field and becomes a force on the diamond.

This is the most intense and popular catching program we offer. Using drills, concepts and exercises used by MLB and their affiliates, your backstop will be a standout come spring.



Areas of Focus

- Hip flexibility, mobility and stance
- Command of strike zone through receiving
- Blocking
- Fielding the catching position
- Video analysis
- Leadership development



What's Included

- Catching Academy Notebook
- Throwing Program
- Video Analysis
- Discount on Training Gloves



Upcoming Dates & Times

6 Week Program
Nov. 3, 10, 17, Dec. 1, 8, 15
Saturdays 9am-10:30am

Check out testimonials, coach bios, and more when you

SIGN UP at basebypros.com

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