



Upper Arlington Junior Baseball Association

2019 Fall/Winter Pitching Clinics
Lead Instructor: Brad Goldberg
Location: UAJBA Indoor Facility

Pitching I

This clinic is designed for all 9U and 10U pitchers plus 11U pitchers who have not pitched extensively at the travel baseball level. It will focus on proper warmup/stretching techniques and the basic mechanics of pitching. The program is one session per week, 75 minutes per session and lasts for 8 weeks. Each session builds upon the previous one so the player will come away with an enhanced knowledge of the necessary skills related to arm health, efficiency and velocity. **Each session limited to 12 players.**

Cost: \$125 for 8 sessions (10 hours of training)

Dates: Option 1 – Mondays – 5:30-6:45pm – 10/28/19 through 12/16/19
Option 2 – Wednesdays – 6:45-8:00pm – 10/30/19 through 12/18/19

Pitching II

This clinic is designed for advanced 11U and all 12U, 13U and 14U pitchers with extensive travel baseball pitching experience. The focus will be on more advanced mechanics and the mindset of pitching in various situations. Similar to the Pitching I clinic, the program is also one session per week, 75 minutes per session, lasts for 8 weeks and each session will build upon the previous. **Each session limited to 12 players.**

Cost: \$125 for 8 sessions (10 hours of training)

Dates: Option 1 – Mondays – 6:45-8:00pm – 10/28/19 through 12/16/19
Option 2 – Wednesdays – 5:30-6:45pm – 10/30/19 through 12/18/19

Bio – Brad Goldberg

Brad Goldberg will again lead our pitching clinics this winter. Brad pitched for Ohio State in the 2013 season and earned Third Team All-Big Ten honors. He was drafted in the 10th round by the Chicago White Sox and most recently pitched with the Arizona Diamondbacks organization. Brad has 200 career professional appearances striking out 325 batters over 300 innings.