



THE

NEXT PITCH PROJECT

MOVE BETTER. THINK SHARPER. COMPETE HARDER.

THE NEXT PITCH PROJECT BUILDS THE FOUNDATION FOR WHAT'S NEXT

AGES - 11U-12U | 13U-14U

COST - \$295

PROGRAM STYLE - 3:1 RATIO

CALL 636-394-2255 OR VISIT RAWLINGSTRainingcenter.com

BE READY FOR YOUR NEXT PITCH



THE NEXT PITCH PROJECT

SESSION SCHEDULE

RAWLINGS TRAINING CENTER	11U-12U	SATURDAYS	10:00-11:00AM	JAN 9, 16, 23, 30, FEB 4, 13, 20
RAWLINGS TRAINING CENTER	13U-14U	SATURDAYS	11:00-12:00PM	JAN 9, 16, 23, 30, FEB 4, 13, 20
BALLS-N-STRIKES	11U-12U	SUNDAYS	1:00-2:00PM	JAN 10, 17, 24, 31, FEB 7, 14, 21
BALLS-N-STRIKES	13U-14U	SUNDAYS	2:00-3:00PM	JAN 10, 17, 24, 31, FEB 7, 14, 21
BALLS-N-STRIKES	13U-14U	TUESDAYS	4:30-5:30PM	JAN 12, 19, 26, FEB 2, 9, 16, 23
BALLS-N-STRIKES	11U-12U	TUESDAYS	5:30-6:30PM	JAN 12, 19, 26, FEB 2, 9, 16, 23
RAWLINGS TRAINING CENTER	11U-12U	WEDNESDAYS	4:00-5:00PM	JAN 13, 20, 27, FEB 3, 10, 17, 24

DEVELOPMENT FOCUS

PITCHING MOVEMENT QUALITY

Build proper mobility, balance, coordination, and movement patterns to help pitchers stay healthy.

MOUND MOVEMENT & MECHANICS

Develop efficient pitching mechanics, direction, timing, posture, and repeatable delivery.

FOUNDATIONS OF THROWING

Teach proper throwing progressions, arm care, warm-up routines, and recovery habits.

FASTBALL COMMAND

Develop the ability to consistently locate the fastball and attack different areas of the strike zone.

SECONDARY PITCH DEVELOPMENT

Introduce and improve age-appropriate changeup and breaking-ball concepts with an emphasis on proper grip and execution.

MENTAL PERFORMANCE

Build confidence, focus, mound presence, routines, and the ability to compete through adversity.

GAME PREPARATION

Teach pitchers how to prepare their body and arm before outings and recover properly afterward.

PROGRESS TRACKING

RADAR + VIDEO ANALYSIS

Track pitch data and mechanics throughout the six-week program.

INITIAL PITCHING ASSESSMENT

Evaluate movement quality, throwing mechanics, mound delivery, and current pitch development.

COMMAND TRACKING

Chart strike percentage, location execution, and consistency during bullpen sessions.

PITCH DEVELOPMENT TRACKING

Monitor fastball, changeup, and breaking-ball development throughout the program.

PERSONAL DEVELOPMENT PLAN

Each pitcher receives individualized areas of focus and drills based on their needs.

FINAL EVALUATION

Compare Week 1 and Week 6 performance to show improvements and identify next steps.

PARENT FEEDBACK REPORT

Provide parents with an overview of their athlete's progress, strengths, and areas to continue developing.