



EXTREME BASEBALL'S PRO CAMP 2012

January 14-16, 2012

Youngker High School-Buckeye, AZ
Ages 13 and Up

Extreme Baseball is proud to present EXB Pro Camp lead by Extreme Baseball's coaching staff, instructors from the Texas Rangers, Milwaukee Brewers, Kansas City Royals organizations, and various college coaches. EXB's Pro Camp is designed to assist high school baseball players in taking their skill sets to the next level; not only through instruction focused on the physical tools, but an equal emphasis on building the player's acumen for the game itself. Through individual instruction, small group training, and focused development, the knowledge and experience of our team of instructors will be passed along to the next generation of baseball players.

Camp Description:

Prospects attending the EXB Pro Camp will have the opportunity to develop and display their baseball prowess over three days while taking part in an authentic major league spring training schedule. Not only will they learn from current and former MLB players, coaches, and scouts, they will have the exposure to current college coaches and recruiting directors in each day's "EXB Showcase" games.

Sample customized daily schedule:

8:00am - 9:00am Hitting Fundamentals
9:00am - 9:30am Stretching and Throwing Program
9:30am - 10:00am Team Defensive Fundamentals
10:00am - 10:45am Individual Defense
10:45am - 11:45am Batting Practice
11:45am - 12:15pm Provided Lunch
12:30pm - 2:00pm Intra-squad/Showcase games

Players will receive 5 hours of baseball instruction per day in the following areas:

- Hitting
- Bunting
- Base-Running
- Infield
- Outfield
- Catching
- Pitching
- Throwing
- Sliding
- Offensive/Defensive Tactics



Visit extremebaseball.org for more information and for a list of the EXB Pro Camp Instructors!

EXTREME BASEBALL

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