

## Your Team "Elite" Practice

My resume - [www.carolinaelitebaseball.com/jamesmolinari.asp](http://www.carolinaelitebaseball.com/jamesmolinari.asp)

For about the cost of a tournament (which you are probably paying just about every, to every other weekend), I will come to your venue, and run an "Elite" practice for your team.

I will cover any portion of the game you want. My personal recommendation would be for teams ages 12u and below to focus on baserunning offense, and baserunning defense. These are two areas where most teams I compete against are really deficient. Quite frankly I have been able to beat a lot of more talented teams regularly, because they have no clue how to run the bases themselves, nor prevent my teams from taking advantage of them on the bases with our own aggressive baserunning.

Teams 13u and up I recommend a focus on team skills such as tandem relays, cutoffs, flyball priority, 1st and 3rd offense vs 1st and 3rd defense, bunt defense, and pickoff/rundowns.

Most important - this is not stuff you can learn on your own! You have a decent chance of getting some reliable tips on hitting, pitching, and fielding by hiring a private instructor, or getting some high school, or college ballplayer to help out here and there. However, understanding what pitchers are legally allowed to do on the mound to slow down the opponent's ability to run the bases, coupled with a thorough understanding of what kids are physically able to execute defensively based on years of experience competing at this level is something that you won't find anywhere else. For teams ages 13u and up, those things I mentioned are things that high school, and college kids are currently trying to learn themselves, so you're not going to get complete, and reliable information from someone who hasn't yet learned it thoroughly themselves!!!

So my advice is to suck up the cost of a tournament, hire me to run a practice for you, and learn things that will really make a difference for your team moving forward!!!

### Details:

- Cost - \$325 up to 15 players (\$21.67 per player @15 players) - plus \$50 per hour travel each way - this includes my gas
- Length - 2.5 hour practice
- Materials/Venue - teams will provide their own equipment, and field space - I'll come to you
- Curriculum - this will be decided by the coaching staff and myself - my recommendation is baserunning, and baserunning defense ages 12u and below, and tandem relays, cutoffs, flyball priority, 1st and 3rd defense vs. 1st and 3rd offense, bunt defense, and pickoffs/rundowns for 13u and up
- Contact Info - [carolinaelitebaseball@gmail.com](mailto:carolinaelitebaseball@gmail.com) or 252-413-8644

