

Practice, Practice, Practice!

Want to work on your skills during the fall and winter months? We can set up a tailor made training routine to help take your game to the next level. The off season is a great time to fix any flaws and to learn and practice advanced techniques.

Our Instructors can work with all skill-sets, they have the knowledge, education and playing experience to teach at the highest level.

Our Instructors love the game of baseball, are knowledgeable, patient and they want to see each and every player succeed!

If you have any questions, please speak to one our Office Staff.



Custom Programs

Each player will receive:

- Tailor made workouts based on ability.
- Individual strength program to help improve their game.
- Lessons will be designed with progression and evaluation in mind.
- Whether your child is a total beginner, an advanced player or somewhere in between, we've got a program for you .

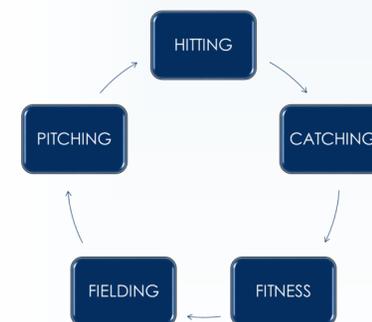
We have an outstanding staff of Elite Instructors/Coaches, as well as present and former college players on hand to instruct. In fact, our Instructors are Ontario Athletics Baseball Coaches!

Players Edge Athletics
200 Pony Drive, Unit 3
Newmarket, ON
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Camps, Team Training, Private, & Small Group Lessons



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Winter Workouts

Our Programs are for players who want to get an intensive workout in both baseball and strength training. At Players Edge Athletics, advanced skills will be taught and progress will be tracked to make certain that players are improving on a consistent basis. We have programs designed for all players right through College.

Winter Training is designed so any baseball player can transform themselves into the elite baseball player. It involves baseball drills geared towards the dynamics and fundamentals of fielding, hitting and base running, but also players will concentrate on learning to play the game of baseball.

With dedicated positional specific Winter Training, a player will come out with more confidence, increased baseball knowledge and more importantly, an improved baseball player with sound fundamentals, who will be noticeably better than when they first started.

Hitting Instruction

Covers all aspects of baseball and softball hitting. Players are taught by highly qualified Instructors in our private indoor training facility. Age specific training is taught, such as pitch selection, opposite field hitting, 2 strike hitting, hitting for power and average. Hitting mechanics will be taught to each player in an attempt to maximize each players power.

Pitching Instruction

Pitching Mechanics and Velocity Program, this unique program, that we call **Pitch Perfect**. is designed to increase the pitcher's accuracy and velocity. Our Instructors will work on your pitching mechanics to get your to use your legs more. This program is both for beginners and advanced players. Pitchers will be taught proper mechanics and will use resistance bands, medicine balls as well as other training devices to strengthen their arms and core. Age specific pitches will be taught in a controlled environment under the watchful eyes of our Instructors. This Program includes in depth analysis, measurements and monitoring, and arm care, to ensure desired development is achieved.

Catching Instruction

Catchers can expect specific drill progressions on proper throwing, blocking, receiving, pitch calling, fielding, framing , making plays at the plate, manage pop ups, leadership, communication, and learn how to develop a relationship with the pitcher. They will learn how to set up square, having eyes set on pitcher, and stay square on every pitch. Develop flexibility, keys to working relaxed, to show a big target to help the pitcher. Learn about balance and conditioning, and how to maintain fitness at home.



PEA High Performance

Like any sport, a well conditioned athlete can execute more effectively with more power if they are strong, fast and explosive. Skill combined with strength and power form the foundation for peak performance.

When it comes to baseball, acceleration, deceleration, throwing, hitting and jumping power are the limiting factors of performance. These training qualities can be developed for each position using a structured program that delivers performance gains safely and effectively for each position in baseball. Whether your goal is to advance your baseball career or to simply get in shape and play your best. Players Edge Athletics strives to develop quality baseball players stressing fundamental skills and strength and conditioning.

In order to hit the ball harder and more consistently you need to become quicker with your hands, stronger with your core and more functional and explosive with your lower half. You cannot just swing harder to hit the ball harder you have to train and become a better athlete in order to make this happen!



*Ontario Athletics Baseball Club, visit us at
www.ontarioathletics.ca*