

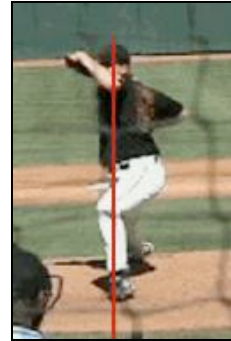
# Pitching Instruction at Cressey Performance



Become a more **EXPLOSIVE** and **EFFICIENT** pitcher with the help of Matt Blake and the **RightView Pro** Pitching Analysis Software. **RVP** is the only licensed product that allows pitchers to capture their delivery and compare it side-by-side with the best pitchers in Major League Baseball.

## RightView Pro:

- Provides a more efficient way to teach
- Identifies the cause of problem spots
- Provides proof and credibility
- Keeps it simple for players



## Lessons Include:

- Strong emphasis towards creating athletic movements on the mound, which allows for better body control and higher velocity ceilings
- Flat ground mechanical drills that teach proper movements and create a level of awareness for each body segment in building energy from toes to finger tips
- Blending of aggressive throwing drills into mound mechanics to cement more efficient movement patterns
- Development of warm-up and bullpen routines that increase level of focus and allow for consistent command of the strike zone
- Introduction to proper stretching techniques and thorough warm-up to increase mobility and flexibility within the pitching delivery
- Pitching programs developed alongside CP Strength Training protocols



### **Matt Blake,**

*Lincoln-Sudbury HS Pitching Coach, NE Ruffnecks Pitching Coordinator*

Since graduating from Holy Cross as a member of the team from 2003-2007 and Captain his senior season, Matt Blake has quickly established himself as one of the premier pitching coaches in New England. Matt's demonstrated ability to grasp the intricacies of high-level pitching mechanics and convey age-appropriate information to suit each pitcher's developmental needs is truly unique. By including modern technology in lesson plans and using progressive teaching methods that are built around the most up-to-date scientific research, Matt speeds up the learning curve for players.

Call Matt to schedule: **603-219-5307** Email Matt: [\*\*mablak07@gmail.com\*\*](mailto:mablak07@gmail.com)