

# BASEBALL TRAINING

Elevate your baseball game through Josiah's all encompassing approach to training youth athletes. Josiah Hayden is a pitching coach for Andover High School, LPA Baseball and The Minnesota Twins Community Fund.

**AGES 6-18**

- ✓ Pitching Mechanics/ Drills
- ✓ Strategy, Grips and Pick-offs
- ✓ Strength and Conditioning
- ✓ Enhanced Confidence and Self-Esteem

## PERSONALIZED 1 ON 1 LESSONS

Tailored instruction.  
Individualized attention.  
Maximum results.

## CAMPS & SMALL GROUPS

Travel to your city.  
Great for team building.



@Josiah\_Hayden\_Baseball



Hayden Baseball Training

## More Information

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