



## Balls-n-Strikes 2017 Training Classes

Our dynamic training classes are back for Winter 2017. These classes are structured in a 6 week format in small groups of 3 players. Our instructors will lead players through a series of progressive classes following core curriculum points developed by our staff. Our goal for these classes is for players to leave with a plan on what they are trying to accomplish on the field. Repetitions and drills are a key component of the classes.

### CLASS DETAILS

- Call Balls-n-Strikes 636-394-2255 to register
- Open to players 7U-14U
- \$220 per player
- 6 weeks, 1 hour per week
- 3:1 player to instructor ratio
- No make-up classes will be offered

### JANUARY CLASSES

Friday	1/6-2/10	6:00-7:00
Saturday	1/7-2/11	9:30-10:30
Saturday	1/7-2/11	10:30-11:30
Sunday	1/8-2/12	1:00-2:00
Sunday	1/8-2/12	4:00-5:00
Thursday	1/12-2/16	5:00-6:00

### FEBRUARY CLASSES

Friday	2/17-3/24	6:00-7:00
Saturday	2/18-3/25	9:30-10:30
Saturday	2/18-3/25	10:30-11:30
Sunday	2/19-3/26	1:00-2:00
Sunday	2/19-3/26	4:00-5:00
Thursday	2/23-3/30	5:00-6:00

### TEACHING FOCUS

- the stance and set up
- the load, negative movement
- lower half checkpoints, 5 critical check-downs
- the swing path, 5 ball theory
- directional hitting
- the mental approach to hitting, on-deck routine

## SLUMP BUSTER HITTING CLASS

## BULLPEN PITCHING CLASS

### JANUARY CLASSES

Friday	1/6-2/10	6:00-7:00
Saturday	1/7-2/11	12:30-1:30
Sunday	1/8-2/12	1:00-2:00
Sunday	1/8-2/12	4:00-5:00
Sunday	1/8-2/12	5:00-6:00
Thursday	1/12-2/16	6:00-7:00

### FEBRUARY CLASSES

Friday	2/17-3/24	6:00-7:00
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### TEACHING FOCUS

- increasing velocity
- the stretch and the wind up
- throwing injury prevention
- pitching to location
- the change-up
- mental aspect of pitching

### JANUARY CLASSES

Saturday	1/7-2/11	11:30-12:30
Saturday	1/7-2/11	2:00-3:00
Sunday	1/8-2/12	5:00-6:00

### FEBRUARY CLASSES

Saturday	2/18-3/25	11:30-12:30
Saturday	2/18-3/25	2:00-3:00
Sunday	2/19-3/26	5:00-6:00

### TEACHING FOCUS

- positioning pre-pitch routine
- proper footwork, angles to the ball
- soft hands and using the off hand
- setting feet and body in proper form for throws
- slow rollers

## DIRT BAG FIELDING CLASS