



TRAVIS GRIFFIN'S

5-POINT CATCHING ACADEMY

1 BLOCKING

2 RECEIVING

3 THROWING

4 FOOTWORK AND STRENGTH

5 MENTAL SIDE OF CATCHING

ARE YOU READY FOR THIS?

Travis Griffin has a tremendous history of working with and developing some of the top catchers in the area. His passion and knowledge of the position will be demonstrated throughout the academy. A core curriculum has been developed to enhance the skills and knowledge of the position. This is a high energy, high expectation academy and we want players that have a strong passion for the most important position on the field. Are you ready for this?

TEACHING TOPICS

BLOCKING

RECEIVING

THROWING TO 2B

THROWING TO 3B

CALLING PITCHES

BUNT PLAY REACTIONS

CORE STRENGTH

FOOTWORK AND AGILITY

CONTROLLING THE RUNNING GAME

7 WEEKS // 4 CATCHERS PER SESSION // \$350 PER PLAYER

SESSIONS (ONLY 16 SPOTS OPEN)

SESSION 1	WEDNESDAYS	JAN 11- FEB 22	6:30-8:00 PM	9U-12U
SESSION 2	WEDNESDAYS	JAN 11-FEB 22	8:00-9:30 PM	12U-15U
SESSION 3	THURSDAYS	JAN 12-FEB 23	5:30-7:00 PM	9U-12U
SESSION 4	THURSDAYS	JAN 12-FEB 23	7:00-8:30 PM	12U-15U

CALL 636-394-2255 TO REGISTER TODAY

Balls-n-Strikes Ballwin
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