



Baseball & Softball

Balls-n-Strikes 2018 Training Classes

Our dynamic training classes are back for Winter 2018. These classes are structured in a 6 week format in small groups of 4 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 Cape Girardeau at 573-803-1099 to register
- Open to players 7U-12U
- \$150 per player
- 6 weeks, 1 hour per week
- 4:1 player to instructor ratio
- No make-up classes will be offered

SESSION 1 CLASSES

Sunday	1:00-2:00 or 2:00-3:00	10-7 10-14 10-21 10-28 11-4 11-11
Monday	5:00-6:00	10-8 10-15 10-22 10-29 11-5 11-12
Friday	4:30-5:30 or 5:30-6:30	10-12 10-19 10-26 11-2 11-9 11-16
Saturday	10:00-11:00 or 11:00-12:00	10-13 10-20 10-27 11-3 11-10 11-17

SESSION 2 CLASSES

Sunday	1:00-2:00 or 2:00-3:00	11-18 11-25 12-2 12-9 12-16 12-23
Monday	5:00-6:00	11-19 11-26 12-3 12-10 12-17 1-7
Friday	4:30-5:30 or 5:30-6:30	11-30 12-7 12-14 12-21 12-28 1-4
Saturday	10:00-11:00 or 11:00-12:00	11-24 12-1 12-8 12-15 12-22 12-29

SESSION 3 CLASSES

Sunday	1:00-2:00 or 2:00-3:00	1-6 1-13 1-20 1-27 2-3 2-10
Monday	5:00-6:00	1-14 1-21 1-28 2-4 2-11 2-18
Friday	4:30-5:30 or 5:30-6:30	1-11 1-18 1-25 2-1 2-8 2-15
Saturday	10:00-11:00 or 11:00-12:00	1-5 1-12 1-19 1-26 2-2 2-9

FIELDING CLASS FOCUS

- footwork
- fielding preparation
- hand eye coordination
- correct throwing motion

HITTING CLASS FOCUS

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

**FORM YOUR
OWN GROUP OF 4
OR
WE CAN HELP YOU
FORM ONE!**

**REGISTRATION
OPEN NOW!**

CATCHING CLASS FOCUS

- stance
- correct receiving motions
- blocking
- throwing accurate

PITCHING CLASS FOCUS

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

SESSION 4 CLASSES

Sunday	1:00-2:00 or 2:00-3:00	2-17 2-24 3-3 3-10 3-17 3-24
Monday	5:00-6:00	2-25 3-4 3-11 3-18 3-25 4-1
Friday	4:30-5:30 or 5:30-6:30	2-22 3-1 3-8 3-15 3-22 3-29
Saturday	10:00-11:00 or 11:00-12:00	2-16 2-23 3-2 3-9 3-16 3-23

SESSION 5 CLASSES

Sunday	1:00-2:00 or 2:00-3:00	3-31 4-7 4-14 4-28 5-5 5-12
Monday	5:00-6:00	4-8 4-15 4-22 4-29 5-6 5-13
Friday	4:30-5:30 or 5:30-6:30	4-5 4-12 4-19 5-3 5-10 5-17
Saturday	10:00-11:00 or 11:00-12:00	3-30 4-6 4-13 4-27 5-4 5-11

 HITTING CLASS
 PITCHING CLASS
 FIELDING CLASS
 CATCHING CLASS

Player Name _____ Birthdate _____ / _____ / _____

Address _____

City _____ State _____ Zip _____

Phone 1 _____ Phone 2 _____

Email _____

Parent/Guardian Name & Signature _____

I hereby authorize the director of the Balls-n-Strikes camp to act for me according to his/her best judgment in an emergency requiring medical attention. I know of no mental or physical problems, which might affect my child's ability to safely participate in this camp. I will be responsible for any medical or any other charges in connection with his attendance at camp. I agree to abide by the rules and regulations of the camp.