



Balls-n-Strikes 2018 Training Classes

Our dynamic training classes are back for Winter 2017. 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 St. Charles at 636-477-3200 to register
- Open to players 7U-12U
- \$169 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	3:00-4:00	1-7 1-14 1-21 1-28 2-4 2-11
Monday	7:00-8:00	1-8 1-15 1-22 1-29 2-5 2-12
Tuesday	7:00-8:00	1-9 1-16 1-23 1-30 2-6 2-13
Thursday	7:00-8:00	1-11 1-18 1-25 2-1 2-8 2-15

SESSION 2 CLASSES

Sunday	3:00-4:00	2-18 2-25 3-4 3-11 3-18 3-25
Monday	7:00-8:00	2-19 2-26 3-5 3-12 3-19 3-26
Tuesday	7:00-8:00	2-20 2-27 3-6 3-13 3-20 3-27
Thursday	7:00-8:00	2-22 3-1 3-8 3-15 3-22 3-29

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

TEACHING FOCUS

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

SESSION 1 CLASSES

Sunday	4:00-5:00	1-7 1-14 1-21 1-28 2-4 2-11
Monday	6:00-7:00	1-8 1-15 1-22 1-29 2-5 2-12
Tuesday	6:00-7:00	1-9 1-16 1-23 1-30 2-6 2-13

SESSION 2 CLASSES

Sunday	4:00-5:00	2-18 2-25 3-4 3-11 3-18 3-25
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Balls-n-Strikes St. Charles

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P: 636.474.2255 F: 636.922.9293

NOW YOU CAN SIGN UP ONLINE!

Go to www.bnssports.us/st-charles.php and fill out the online form.