

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-/	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	3 1-25	2-1	2-8	2-15

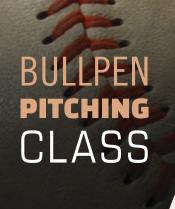
SESSION 2 CLASSES

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





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
Monday	6:00-7:00	2-19	2-26	3-5	3-12	3-19	3-26
Tuesday	6:00-7:00	2-20	2-27	3-6	3-13	3-20	3-27

Balls-n-Strikes St. Charles

4160 Ehlmann Road, St. Peters, MO 63376 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.