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| https://gallery.mailchimp.com/570a1b9239a37cec80ab2b89a/images/440d71b7-64a3-4b40-990b-d8dba8af916c.jpg |
|   **THE ART OF****CATCHING** |

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| **This proven 4 week program was developed by our staff with an emphasis on Hard Work and fully understanding the Art of Catching.  This one of a kind Catching class will give you the know hows and don'ts at receiving the ball, blocking, throwing to bases, and game handling of pitchers. Our primary goal with our Catching program is to embrace the player’s knowledge of the position and teach you how to become better at the position.**  |

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| **Our staff at Balls N Strikes consists of ex Professional players, college players and coaches.  We will give you an understanding of how to set up, proper technique, and how working hard will improve your performance.  You will be trained by using but not limited to: Speed Ladder, High Box, Cones, Jump Ropes, Dot Drills, Medicine Balls and more.**  |

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| 4 WEEK PROGRESSIVE PROGRAM 90 MINUTE CLASS PER WEEKCLASS: MONDAY 6-730 or 730-9                    |

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