

BEN BERG BASEBALL ACADEMY

OFF-SEASON PLAYER DEVELOPMENT

BASEBALL DEVELOPMENT AND ATHLETIC PERFORMANCE

- Grades 6-8, October 28 – December 18 (8 week program) 5:00 PM – 7:00 PM; Tuesday and Thursday
- Hitting- 5:00 PM – 6:00 PM; Tuesday and Thursday
- Pitching & Defense- 6:00 PM – 7:00 PM; Tuesday and Thursday

Cost: \$500

Program limited to 15 players

Optional Sports Performance Training

- Monday and Wednesday 5:00-6:00 PM or 6:00-7:00 PM \$200 (Limited Spots)

Position Player Training

- Bat Speed Training
- Weighted Bat Training
- Video Analysis
- Rapsodo Data Analytics (tracking exit velocity, ball flight, and hard hit percentage)

Pitcher and Defensive Training

- Warm-up and recovery program
- Throwing program
- Pitching mechanics to increase strike percentage and velocity
- Infield, outfield, and catching development

Training is with Ben Berg Academy Coaches Alec Shull and Logan Krivoruchka