

# **BEN BERG BASEBALL ACADEMY**

## **OFF-SEASON PLAYER DEVELOPMENT**

### **BASEBALL DEVELOPMENT AND ATHLETIC PERFORMANCE**

- Grades 3-5, August 25 – October 16 (8 week program) 3:00 PM – 5:00 PM; Tuesday and Thursday
- Hitting- 3:00 PM – 4:00 PM; Tuesday and Thursday
- Pitching & Defense- 4:00 PM – 5:00 PM; Tuesday and Thursday

**Cost: \$500**

**Program limited to 15 players**

### **Sports Performance Training**

- Introduction to Sports Performance Training

### **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
- Infield and Outfield Development

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