

# **BEN BERG BASEBALL ACADEMY**

## **PRE-SEASON PLAYER DEVELOPMENT**

### **BASEBALL DEVELOPMENT**

- Grades 6-8, January 6 – February 26 (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**

### **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**

**Register at [sanfordsports.com/locations/bismarck](https://sanfordsports.com/locations/bismarck) or call (701) 323-1125**