

BEN BERG BASEBALL ACADEMY

PRE-SEASON PLAYER DEVELOPMENT

BASEBALL DEVELOPMENT

- Grades 3-5, January 6 – February 26 (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

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 and Outfield Development

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

Register at sanfordsports.com/locations/bismarck or call (701) 323-1125