



## Elk River Baseball Advanced Training sessions

These advanced training sessions will offer professional instruction on the mechanics of hitting, fielding and throwing. These five sessions will be one hour in length held at the new Elk River Youth Baseball indoor training facility. All one hour sessions will have a group size of 4 kids minimum to 6 kids maximum. Combine your own group or sign up individually.

### Session 1 (5 - 1 hour sessions)

#### **Saturday's: January 7th – February 4th**

- 3:00pm - 4:00pm
- 4:15pm - 5:15pm
- 5:30pm - 6:30pm
- 6:45pm - 7:45pm
- 8:00pm – 9:00pm

### Session 2 (5 – 1 hour sessions)

#### **Saturday's February 11th<sup>th</sup> – March 10th<sup>th</sup>**

- 3:00pm - 4:00pm
- 4:15pm - 5:15pm
- 5:30pm – 6:30pm
- 6:45pm – 7:45pm
- 8:00pm – 9:00pm

**Where:** Elk River Youth Baseball facility  
12671 Meadowvale Road  
Suite R  
Elk River, MN 55330

**Cost:** \$125 per player (5 sessions)

- Each player should bring complete gear and proper protection for offensive and defensive training.

*There will be a designated makeup session date for those that miss a session.*

### Session Format

#### Hitting: (Sessions 1-5)

- Breakdown of hitting mechanics
- Pitch location (hitting to all fields)
- Change of speeds (pitch recognition)
- Multiple take home skills and drills
- Mental preparation

#### Defensive Skills: (Sessions 2, 4)

- Breakdown of fielding mechanics (Outfield / Infield)
- Footwork (rounding, receiving, charging) (Outfielder crow hop, throwing to cut off)
- Glove positioning (forehand / backhand)
- Ball transfer drills
- Throwing technique



*Serious Instruction for Serious Ball Players*

Joe Boyce  
2861 176<sup>th</sup> Ave NE  
Ham Lake, MN 55304

*Please confirm registration by phone or email before continuing to the online registration. We have limited registrations for these sessions.*

*Players will need to register online @ [www.boyceball.com](http://www.boyceball.com)*

*Payment can be made online or by check.*

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