

All American Sports Academy

3D Defense

Lead Instructors

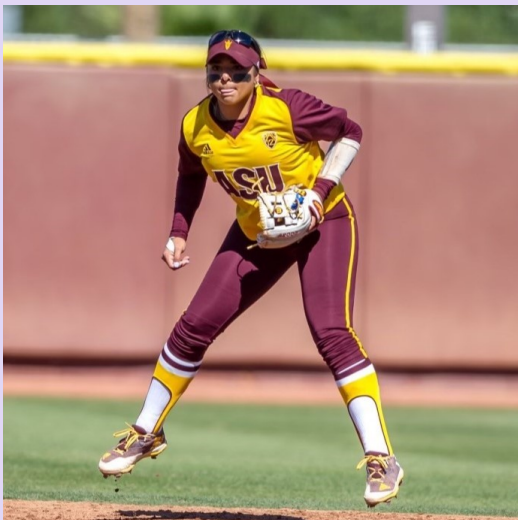
Debbie Nelson

Owner / Founder of AASA
All American Player - Sac State
Head Coach - Sacramento State
Head Coach - San Jose State



Marisa Telesco

Player - Arizona State University
Former Director of Player Development - Cal Berkeley
Director of AASA Teams - Gold Division



What is 3D Defense

One of the most critical elements in the fast paced sport of softball is defense. You have to be able to catch faster, throw faster, and anticipate the next play faster than your competitor in order to win. We will take 90 minutes on the field and split it into 3 sections 1. (**Discipline**) Speed & Power, 2. (**Drills**) & Skills, 3. (**Defensive**) Strategies & Softball I.Q. Our 3D Defense is going to be made up of 4 weeks. We will use those 4 weeks to build up different skill sets each week to complete what we would call the package deal of defensive skills.

Tracy Region (Every Other Tuesday):

Date:	10u/14u Time:	14u/18u:
9/10/24	5:30-7:00	7:00-8:30
9/24/24	5:30-7:00	7:00-8:30
10/8/24	5:30-7:00	7:00-8:30
10/22/24	5:30-7:00	7:00-8:30

Location: Tracy Sports Complex

CLASS INFORMATION:

- 12:1 Player / Coach Ratio
- Each Age Group will be divided and worked at their own skill level
- Support Staff will include Professional Players, Ex/Current College Coaches, High School Coaches, Top Travel Ball Coaches, and Current and Past College Players

PRICING:

- Individual Class: \$40.00
- Pick any 2 Dates: \$70.00
- All 4 Dates: \$140.00
- Team Rate all 4 Dates: \$85.00
(10 Player Minimum - Contact Debbie at the Academy to Register)

To Register or for More Information Visit:

www.allamericansportsacademy.net/3d-defense-information

Once Registered there will be no "Refunds" or "Make-Ups"