

# All American Sports Academy



## 3D Defense



### 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 6 weeks. We will use those 6 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/12u Time:	14u/High School Time:
2/6/24	5:30-7:00	7:00-8:30
2/20/24	5:30-7:00	7:00-8:30
3/5/24	5:30-7:00	7:00-8:30
3/19/24	5:30-7:00	7:00-8:30
4/2/24	5:30-7:00	7:00-8:30
4/16/24	5:30-7:00	7:00-8:30

Location: Tracy Sports Complex

Lead Instructor: Debbie Nelson

#### 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 4 Dates: \$128.00
- All 6 Dates: \$168.00
- Team Rate all 6 Dates: \$132.00 (10 Player Minimum - Contact Debbie at the Academy to Register)

To Register or for More Information Visit:

[www.allamericansportsacademy.net/3d-defense-information](http://www.allamericansportsacademy.net/3d-defense-information)

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