



Presents: 3D Defense

What is 3D Defense

3D defense was Established in 2015 to work on one of the most critical elements in the fast paced sport of softball, **"Defense"**!

We will spend 2 Hours on the field broken into 3 sections:

1. **Discipline** (Speed & Power)
2. **Drills & Skills**
3. **Defensive Strategies** (softball I.Q.)

Our 4 Week Program will emphasize Quality Reps, Team Building Skills, Foot & Hand Speed Drills, Position Play and much more. This will allow you to catch faster, throw faster, and anticipate the next play faster than your competitor in order to win. ***Come get some work in the Dirt!***

CLASS INFORMATION:

- 12:1 Player / Coach Ratio
- 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

LOCATION / TIMES:

- Dates (Tuesdays): 9/15, 9/29, 10/13, 10/27
- Location: Tracy Sports Complex, Tracy
- Times: 10u-14u = 5:00-7:00 pm
14u-18u = 6:00-8:00 pm

To Register or More
Information Visit:



Lead Instructors

Debbie Nelson

- Owner / Founder of AASA
- All American Player - Sac State
- Head Coach - Sacramento State
- Head Coach - San Jose State
- Nike Camp Director
- AASA Teams Training Director



Shannon Mortimer

- President AASA Teams
- AASA 18U Gold Head Coach
- Japan 18U International Head Coach
- NFCA 2025 Regional Coaching Staff of the Year
- 700+ Travel Ball Wins
- AASA Academy Instructor

PRICING:

- * Individual Class: \$40.00
- * All 4 Dates: \$140.00

TEAM PRICING:

- * All 4 Dates \$120 Per Player
- * 10 Player Minimum

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