



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

- 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"

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): 3/3*, 3/17, 3/31 & 4/7

Location: Tracy Sports Complex, Tracy CA
*Legacy Fields, Tracy CA

Times: 10u-14u = 6:00—8:00 pm

To Register or More
Information Visit:

