



3D DEFENSE

AASA's instructor Megan Clark will be offering an 8 week defensive program on Friday evenings. One of the most critical elements in the fast paced sport of softball is defense. In this 60 minute class we will cover: 1. (Discipline), Speed & Power, 2. (Drills) & Skills, 3. (Defensive) strategies & softball IQ. We will build up different skill sets each week to complete what we could call the package deal of defensive skills.

Class Information

Age group: 10U-14U

Location: AASA Facility
280 E. Larch Rd, Tracy CA

Dates (Fridays): 9/9, 9/16,
9/23, 9/30, 10/7, 10/14, 10/21,
10/28

Time: 5:30pm-6:30pm

Price: All 8 dates \$210



Highlights:

8:1 Player/ Coach Ratio

Instruction by Coach Megan Clark SF State Alumni, Head Coach of AASA 18U, and Nike Camp director



Register at:

allamericansportsacademy.net