



Become a Better Pitcher

Ask any coach at any level what they are looking for and they will tell you PITCHING.

One of the keys of being successful starts with having a plan. Your rate of success will rely on effort and game plan. These lessons are designed to give you a better understanding of pitching.

ELITE PITCHING LESSONS

Dates:

July 11 (2-4pm), July 18 (2-4pm), July 25 (2-4pm),
August 1 (2-4pm)

Price:

\$30.00 per lesson

\$90.00 for all four lessons

(Group Rates Available)

Lessons Cover:

- Mechanics of a Sound Delivery
- Grips and Pitches
- Training the Arm and Body
- Pitching Strategies

Dan Ochs has 17 years of coaching experience at the college level.

2009-1999 CSU-Pueblo Pitching Coach

1999-1997 Indiana Purdue Fort Wayne
Pitching Coach

1997-1994 University of Kentucky
Bullpen Coach

1994-1992 Lincoln Trail Junior College
Assistant Coach

To schedule lessons contact:

Dan Ochs
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