



BASEBALL TRAINING

SERIOUS INSTRUCTION FOR SERIOUS BALL PLAYERS

www.boyceball.com

Instructors

Joe Boyce:

All State shortstop at Coon Rapids High School

Infielder for 5 years with the Minnesota Twins, Boise Hawks and the Erie Sailors professional organizations

High School baseball coach

Hitting/fielding instructor for 18 years

Baseball director for Acceleration North and Goalkick Training facilities

Jeff Dainty:

Blaine High School Graduate

High School Varsity baseball coach

All Conference college pitcher MIAC 2 years

Pitching Instructor for 18 years

PROGRAM HIGHLIGHTS

LEARN HITTING MECHANICS!

Work on swing techniques and fundamentals
 Numerous soft toss and tee drills
 Swing drills to create faster bat speed
 Batting tunnels with live pitching & pitching machines

LEARN PROPER DEFENSE MECHANICS!

Work on fielding fundamentals
 Ground ball and fly ball drills
 Forehand and backhand techniques

VIDEO ANALYSIS SOFTWARE!

Creates perfect swing one frame at a time
 Determines correct swing plane
 Provide positive feedback response
 Fully illustrates players swing mechanics

PITCHING/THROWING MECHANICS!

Multiple throwing drills
 Conditioning drills
 Throwing resistance cords to help promote arm strength

Baseball / Softball Hitting Instruction Package Pricing



GoalKick
 11521 Eagles Street
 Coon Rapids, MN 55448
 Ph: 651-319-2307
 Email: boyceballtraining@comcast.net



Acceleration North
 3808 Dunlap St. N
 Arden Hills, MN 55112
 Phone: 651-486-0020
 Email: accelerationnorth@comcast.net

# of Athletes	Single Ses- sion	5 Session Pack- age	10 Session Package
1 athlete (small group)	\$45	\$200	\$375
2 athletes (small group)	\$40 per athlete	\$180 per athlete	\$325 per athlete
3 athletes (small group)	\$35 per athlete	\$150 per athlete	\$300 per athlete
4 -6 athletes	\$30 per athlete	\$125 per athlete	\$250 per athlete
One on One (individual)	\$70	\$350	\$700

Small Group training consists of no more than 3 athletes per group.

All sessions are 1 hour in length.