

# NAPERVILLE LITTLE LEAGUE TRAINING HITTING | PITCHING | FIELDING

MARCH 1<sup>ST</sup> - MAY 27<sup>TH</sup>

Naperville Little League is providing four training sessions of your choice FREE. Additional sessions can be purchased for \$10 a piece. Parents and Coaches are encouraged to observe and participate in training sessions. All sessions will be held at the Bulls Sox Academy 6200 River Bend Dr. Lisle, IL 60532

## DIRECTIONS ON HOW TO ENROLL

**STEP 1:** If you've registered for an Academy program before, use your previous login information.

**STEP 2:** Select the session date/time you would like to enroll in.

**STEP 3:** Enter the coupon NLLTRAIN1018 to receive the session free. You may do this for up to four sessions. You will need to sign up for each session individually for the coupon to work. After the fourth time using the coupon, you will pay \$10/session.

You can also call 630-324-8221 to register or email us at info@bullsoxacademy.com. We encourage online registration!



**COME AND IMPROVE YOUR SKILLS! | OPEN TO ALL NAPERVILLE LITTLE LEAGUE PARTICIPANTS.**

## HITTING

Stance • Setup • Balance

**Thu Mar 1**

5:00-6:00

**Mon Mar 12**

5:00-6:00 | 7:00-8:00

8:00-9:00

**Fri Mar 16**

5:00-6:00 | 6:00-7:00

7:00-8:00 | 8:00-9:00

**Mon Mar 19**

7:00-8:00 | 8:00-9:00

**Fri Mar 23**

5:00-6:00 | 6:00-7:00

7:00-8:00 | 8:00-9:00

**Mon Apr 2**

5:00-6:00 | 6:00-7:00

7:00-8:00 | 8:00-9:00

**Fri Apr 6**

5:00-6:00 | 6:00-7:00

7:00-8:00 | 8:00-9:00

**Sun Apr 8**

1:00-2:00 | 2:00-3:00

3:00-4:00

**Mon Apr 9**

5:00-6:00 | 6:00-7:00

7:00-8:00 | 8:00-9:00

Barrell Path • Hand Path • Staying through Balls

**Thu Mar 15**

5:00-6:00

**Fri Apr 13**

5:00-6:00 | 6:00-7:00

7:00-8:00 | 8:00-9:00

**Mon Apr 16**

5:00-6:00 | 6:00-7:00

7:00-8:00 | 8:00-9:00

**Fri Apr 20**

5:00-6:00 | 6:00-7:00

7:00-8:00 | 8:00-9:00

**Sun Apr 22**

1:00-2:00 | 2:00-3:00

3:00-4:00

**Mon Apr 23**

5:00-6:00 | 6:00-7:00

7:00-8:00 | 8:00-9:00

**Fri Apr 27**

5:00-6:00 | 6:00-7:00

7:00-8:00 | 8:00-9:00

**Mon Apr 30**

5:00-6:00 | 6:00-7:00

7:00-8:00 | 8:00-9:00

**Fri May 4**

5:00-6:00 | 6:00-7:00

7:00-8:00 | 8:00-9:00

Lower Body • Rotation • Maintaining Body Posture

**Sun May 6**

1:00-2:00 | 2:00-3:00

3:00-4:00

**Mon May 7**

5:00-6:00 | 6:00-7:00

7:00-8:00 | 8:00-9:00

**Fri May 11**

5:00-6:00 | 6:00-7:00

7:00-8:00 | 8:00-9:00

**Fri May 25**

5:00-6:00 | 6:00-7:00

7:00-8:00 | 8:00-9:00

**Mon May 14**

5:00-6:00 | 6:00-7:00

7:00-8:00 | 8:00-9:00

**Fri May 18**

5:00-6:00 | 6:00-7:00

7:00-8:00 | 8:00-9:00

**Mon May 21**

5:00-6:00 | 6:00-7:00

7:00-8:00 | 8:00-9:00

[CLICK HERE TO REGISTER FOR HITTING](#)

## THROWING/PITCHING

Throwing Position • Separation • Balance

**Thu Mar 8**

5:00-6:00

**Mon Mar 12**

5:00-6:00 | 6:00-7:00

**Fri Mar 16**

5:00-6:00 | 6:00-7:00

**Mon Mar 19**

5:00-6:00 | 6:00-7:00

8:00-9:00

**Fri Mar 23**

5:00-6:00 | 6:00-7:00

7:00-8:00 | 8:00-9:00

**Mon Apr 2**

5:00-6:00 | 6:00-7:00

7:00-8:00 | 8:00-9:00

**Fri Apr 6**

5:00-6:00 | 6:00-7:00

7:00-8:00 | 8:00-9:00

**Sun Apr 8**

1:00-2:00 | 2:00-3:00

3:00-4:00

**Mon Apr 9**

5:00-6:00 | 6:00-7:00

7:00-8:00 | 8:00-9:00

Lower Body • Leg Drive • Staying Closed

**Thu Mar 22**

5:00-6:00

**Fri Apr 13**

5:00-6:00 | 6:00-7:00

7:00-8:00 | 8:00-9:00

**Mon Apr 16**

5:00-6:00 | 6:00-7:00

7:00-8:00 | 8:00-9:00

**Fri Apr 20**

5:00-6:00 | 6:00-7:00

7:00-8:00 | 8:00-9:00

**Sun Apr 22**

1:00-2:00 | 2:00-3:00

3:00-4:00

**Mon Apr 23**

5:00-6:00 | 6:00-7:00

7:00-8:00 | 8:00-9:00

**Fri Apr 27**

5:00-6:00 | 6:00-7:00

7:00-8:00 | 8:00-9:00

**Mon Apr 30**

5:00-6:00 | 6:00-7:00

7:00-8:00 | 8:00-9:00

**Fri May 4**

5:00-6:00 | 6:00-7:00

7:00-8:00 | 8:00-9:00

Long Toss • Delivery • Finish

**Sun May 6**

1:00-2:00 | 2:00-3:00

3:00-4:00

**Mon May 7**

5:00-6:00 | 6:00-7:00

7:00-8:00 | 8:00-9:00

**Fri May 11**

5:00-6:00 | 6:00-7:00

7:00-8:00 | 8:00-9:00

**Mon May 14**

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7:00-8:00 | 8:00-9:00

**Fri May 18**

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7:00-8:00 | 8:00-9:00

**Mon May 21**

5:00-6:00 | 6:00-7:00

7:00-8:00 | 8:00-9:00

**Fri May 25**

5:00-6:00 | 6:00-7:00

7:00-8:00 | 8:00-9:00

[CLICK HERE TO REGISTER FOR THROWING/PITCHING](#)

## FIELDING

**Sun Apr 15**

1:00-2:00 | 2:00-3:00 | 3:00-4:00

**Sun Apr 29**

1:00-2:00 | 2:00-3:00 | 3:00-4:00

**Sun May 13**

1:00-2:00 | 2:00-3:00 | 3:00-4:00

**Sun May 20**

1:00-2:00 | 2:00-3:00 | 3:00-4:00

**Sun May 27**

1:00-2:00 | 2:00-3:00 | 3:00-4:00

[CLICK HERE TO REGISTER FOR FIELDING](#)

Register @ BullsSoxAcademy.com or Call 630.PLAYBALL