



BFS Baseball Goes

PRO

BY **ROBIN JENNINGS**

Learn winning baseball techniques from professionals

Former major league players are taking baseball training to the next level with motion analysis and the BFS Baseball Total Program. This comprehensive, unique program promises to significantly improve all aspects of baseball performance. The BFS program will make you run faster, throw farther, hit harder and become more explosive. You will win!

BFS Baseball has assembled a tremendous staff of professional players with over 70 combined years of coaching, playing, scouting and training experience in order to provide you with the best instruction possible. The staff at BFS Baseball are committed to providing you with leading-edge information and technology to take your game to the next level. Baseball is our passion and we are committed to making it yours. Join thousands of high school programs already winning with BFS. Here's how we do it.

BFS Baseball begins with the premise that the great game of baseball can be broken down into the following five basic skills:

- Hitting for Average
- Hitting for Power
- Defensive Ability
- Arm Strength
- Speed

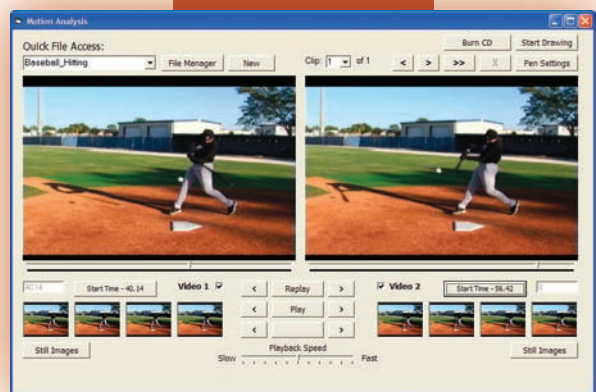
With these skills in mind, BFS Baseball has created these developmental programs to address each skill.

- The BFS Total Hitting Program teaches the proven hitting mechanics of today's Major League players. The BFS program provides superior instruction along with visual training to improve bat speed, power potential and batting average.
- The BFS Total Pitching Program develops sound pitching mechanics, provides knowledge of in-season and off-season physical preparation and prepares pitchers to be mentally successful. The goal is to make pitchers become their own best coaches, as well as increase their understanding and enjoyment of the game.
- The BFS Total Fielding Program is the definitive guide to becoming a more confident and successful defensive player. The program begins by providing you with an inside look into proven MLB fielding techniques, using an easy-to-understand style to break down the proper footwork for all ground balls and demonstrate accurate throwing mechanics. It further provides a complete guide to turning the double play, explaining proper fly ball footwork, and developing a big-league mental approach. The BFS Fielding Program is

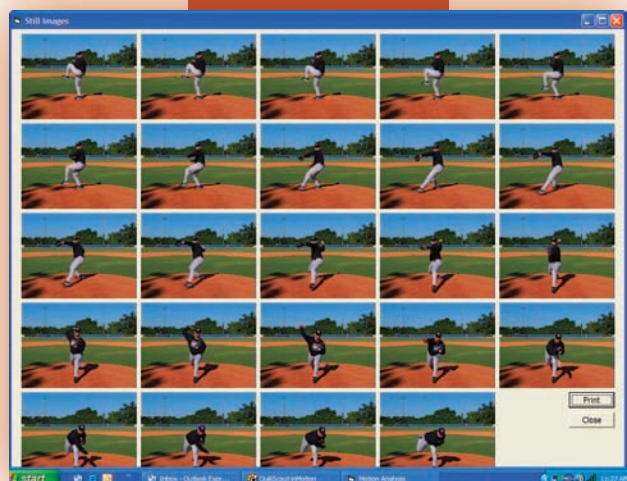
FIELDING



HITTING

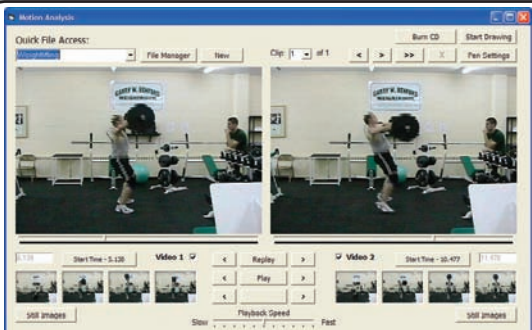


PITCHING



Biomechanics Made Simple

New Product



Weight Lifting Technique



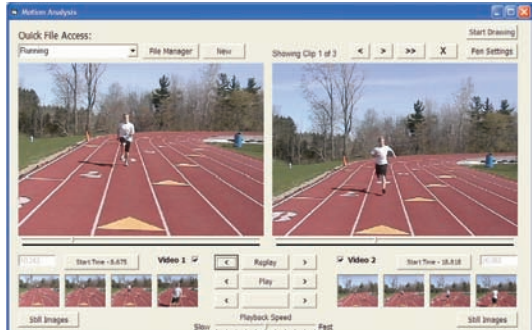
Football Technique



Track and Field Technique



Baseball-Hitting Technique



Sprinting Technique



Softball-Pitching Technique

- Improve performance and prevent injuries
- Compare technique with elite athletes
- Measure improvements in sport skills
- Share results with personal CD's



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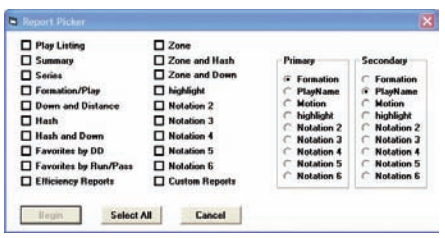
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SIX ABSOLUTES

1. ATHLETIC OR JUMP STANCE
2. BE TALL
3. SPREAD THE CHEST
4. TOES ALIGNED
5. KNEES ALIGNED
6. EYES ON TARGET

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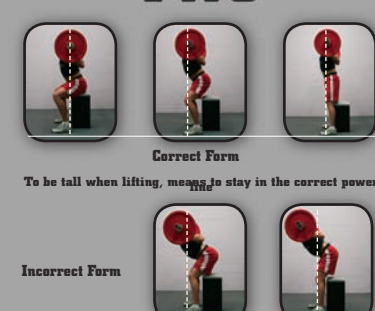
ABSOLUTE ONE



ATHLETIC OR JUMP STANCE

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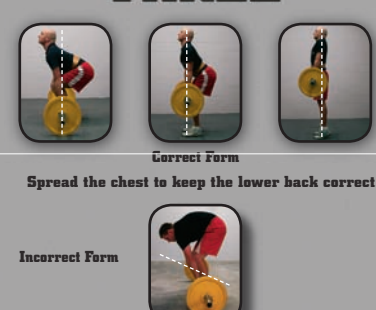
ABSOLUTE TWO



BE TALL

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ABSOLUTE THREE



SPREAD THE CHEST

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ABSOLUTE FOUR



TOES ALIGNED

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ABSOLUTE FIVE



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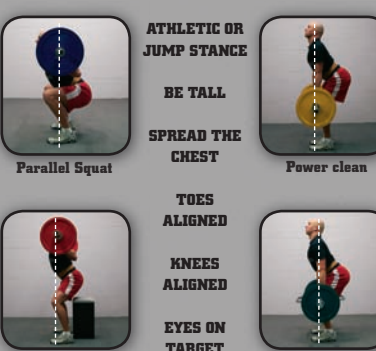
ABSOLUTE SIX



EYES ON TARGET

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POWER LINE



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KNEES ALIGNED
EYES ON TARGET

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all levels, starting with beginners, for the middle school level; intermediate, for the high school level; and advanced, for top high school and collegiate athletes; and finally, elite, for professional players.

BFS Baseball incorporates the latest training techniques with proven old-school principles. BFS would like to do its part to help redirect high school and youth training programs away from focusing on individual interests and toward achieving a common goal. The ultimate goal is to win a championship as a team for the school or organization.

With the foundation of the proven BFS system, professional instruction and 21st century technology, BFS Baseball is committed to assisting athletes, dramatically improving talent, greatly reducing injuries and instilling passion. We look forward to helping you achieve your goals and dreams. BFS



BFS President Bob Rowbotham welcomes Robin Jennings to the BFS Team. Robin is now the head of our BFS Baseball Program.

BFS TRAINING POSTERS

> BFS Standards
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> Weight Room Rules

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#325028

> Speed & Plyo
6 Poster Set

\$35
#325026

> Record Charts
4 Poster Set

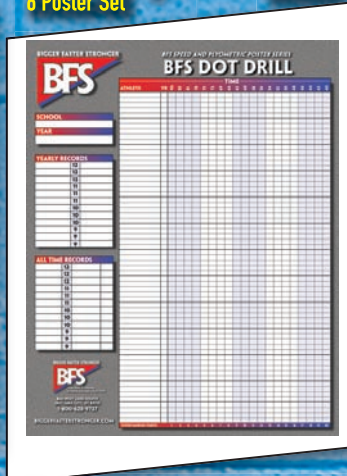
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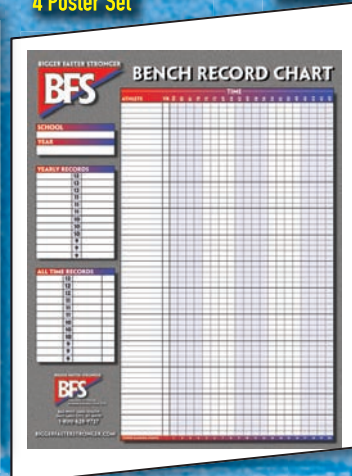
Standards for Men & Women Strength, Standards for Men & Women Speed, & Jumping



10 Weight Room Rules. A must for every weightroom!



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