



BASEBALL INSTRUCTION SYSTEM BALL

A Movement by Movement Approach to Baseball



R. GORDON FOSTER
Pitcher

- 1975 Miami University Graduate
Mid American Conference Champions
1973, 1974
- San Francisco Giants Organization
Clinton Lumberjacks to Phoenix Fire-
birds
- Seibu Lions, Japanese Professional
Baseball
- Florida Tropics
Senior Professional Baseball
- Graduate of Florida Baseball Academy
- 38 year professional instruction
 - 31,000 kids
 - 9 pros
 - over 275 college players

Through an extensive process of research, scientific analysis, and practical experience the Cincinnati Baseball School developed the concept of "System Baseball." The goal is to take the guesswork out of baseball instruction, providing players a series of consistent and memorable drills to build muscle memory and emphasize proper mechanics. The System player develops all of their tools - hitting, fielding, throwing, pitching, base running, along with mental toughness and tactical strategies. Plus, the System is fun and engaging, designed for quick learning - even for the youngest players.

R. GORDON FOSTER - DIRECTOR
Founder of "System Ball"
NBS Professional

Lessons
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