

# APRIL BREAK SOFTBALL CLINIC

AGES 8-14

April 15 - 17 • Panthorn Park, Southington



Sponsored By:  
Southington Girls Softball League

## All Skills Clinic

**9am-12 Noon**

**Daily Drills:** Throwing, fielding, short game, hitting & base running

**Position Fundamentals:** Double plays, cutoffs, position plays, etc.

**Defensive & Offensive Strategies**

**Sliding & Game Situations**

## Pitcher/Catcher Clinic

**12:30-2:30pm**

**Fundamentals:** Windmill motion, arm circle speed & leg drive, daily strength exercise & how to field position

**Advanced:** Explosion, strength drill, spin pitches, how to set batters up, and how to field position

**Catchers Clinic:** Stance, receiving, throwing, blocking, pick offs, fielding bunts, pass balls, how to call a game & daily strength exercises.

**Director:**

Jen Hapanowicz

**SGSL Pricing:**

All Skills only \$79

Pitcher & Catcher \$65

Both Sessions \$139



Clinics instructed by  
USA Elite Training staff.

Players will be broken  
up into skill and age  
groups during each  
clinic session.

**To Register Go To [www.sgsl.info](http://www.sgsl.info)**