



## BEVERLY GIRLS SOFTBALL LEAGUE 2019 Summer Skills Clinics

Every Monday  
07/01/2019 – 07/29/2019  
8U & 10U 5:30-6:30 pm  
Middle School 6:30-7:30  
Centerville School

### Week 1

#### Pitching/Catching

- Basics adjusted by age division
- stance (head to feet), glove position, ball position (in hand),
- Catching – Amanda may be a good resource here
- Correct glove & body position, covering Home, throwing down, throwing to 3B

### Week 2

#### Batting

- Form/stance
- Swing
- Bunting
- Slapping

### Week 3

#### Base running

- Running to/through 1B, to 2B, to 3B through Home,
- Rounding 1B, Stealing, Sliding, Tagging up, Situational,
- Listening to base coaches
- Interference, avoiding a collision

### Week 4 & 5

#### Fielding

- **INFIELD**
  - Position responsibilities (primary & secondary [back up])
  - Fielding a grounder, line drive or pop up (glove/body/feet positions)
  - Transfer from glove to hand to throw
  - Covering/playing your base in a force or tag situation
  - Covering your base w/o obstructing
  - Tagging a runner in the base path
  - Tagging a steal/slide, communication on the field
  - Communication b/w teammates
  - Mindset - know the play and know your plan
- **OUTFIELD**
  - Position responsibilities (primary & secondary [back up])
  - First step back
  - Reading the hit & positioning to make the catch
  - Transfer from glove to hand to throw
  - Communication b/w teammates
  - Mindset - know the play and know your plan