



BASEBALL CLINICS



For information on our instructors visit [5-week, small group](#)

instruction programs

[AtBats Softball and Baseball Coaches](#)

Visit ATBATS.COM for our clinic schedules and online registration.

SEMESTERS: FALL (Sept-Oct) WINTER 1 (Nov-Dec) WINTER 2 (Jan-Feb) SPRING (Mar-Apr)

Baseball Rookies, ages 5-6

\$160. Five 1-hour sessions. Max of 12 players.

Our 5 week Baseball Rookies clinic teaches young players the basic skills of throwing, catching, fielding, and hitting. Players learn through coach demonstration, skill drills, repetition, game scenarios and fun skill competitions. Our small player to staff ratio of 3:1 allows plenty of personal instruction.

Baseball All-Skills, ages 7-10

\$170. Five 1-hour sessions. Max of 10 players.

Our 5 week Baseball All-Skills Clinic covers the core skills of hitting, throwing, fielding and game "know-how" through drills, demonstration, skill games and plenty of personal instruction with a player to staff ratio of 3:1. For new & experienced players.

Hitting Fundamentals, ages 8-11

\$170. Five 1-hour sessions. Max of 6 players.

Provides detailed instruction in the basic elements of proper hitting mechanics including stance, load, stride, contact position and follow through. Players also work on hitting different pitch locations, increasing contact and gaining more power through drills, demonstration, live BP and personal instruction in a small group setting.

A good 2 hour training combo with Little League Pitching!

Little League Pitching, ages 8-11

\$195. Five 1-hour sessions. Max of 4 players.

For new and experienced pitchers. Provides detailed instruction in proper basic pitching mechanics from the windup and stretch positions to improve stability, velocity and control. The small group setting allows plenty of personalized instruction.

A good 2 hour training combo with Hitting Fundamentals!

Catching Fundamentals, ages 8-11

\$195. Five 1-hour sessions. Max of 4 players.

For new and experienced catchers. Covers the core catching skills of set-up, receiving, framing, blocking and throwing, plus game defense and catcher conditioning drills. The small group setting provides plenty of personalized instruction. Players may bring their own catching gear or use ours.

For High School Baseball programs [click here!](#)

'Next Level' Hitting, ages 11-14

\$195. Five 1-hour sessions. Max of 4 players.

Semi-private clinics for experienced Little League and Babe Ruth players. Each player's hitting mechanics will be evaluated for improving contact and power, including situational decisionmaking, hitting different pitches and bunting. Instruction includes drills, demonstration, T-work and live BP. Semi-private format allows plenty of personal instruction.

'Next Level' Pitching, ages 11-14

\$195. Five 1-hour sessions. Max of 4 pitchers.

Semi-private clinics for experienced pitchers. Each pitcher's mechanics will be evaluated for improving control, velocity and consistency. Instruction will include proper mechanics, drills to increase control and results, and pitcher conditioning exercises. Most instruction will focus on the fastball and other pitches will be covered as appropriate depending on experience level. The small group setting allows plenty of personalized instruction.

Winter Training Camp, ages 11-14

\$170. Five 1-hour sessions. Max of 8 players.

Our Winter Training Camp for ages 11-14 provides off-season training in baseball offense and defense skills for experienced players in a team practice format. Players will work on throwing, fielding, defensive footwork, positional play, hitting for contact and power, situational hitting and baseball conditioning. Wear workout clothes and come prepared to work hard!

**AtBats Training Center, 235 Summer Road, Boxborough,
MA 01719 Phone 978-266-1766 Fax 978-266-1764
www.atbats.com**

'Next Level' Catching, ages 11-14

\$195. Five 1-hour sessions. Max of 4 catchers.

Semi-private clinics for experienced catchers. Detailed review of core catching skills of receiving, framing, blocking and throwing, game defense, working with pitchers, plus catcher conditioning drills. Personal instruction tailored to each catcher's experience level and goals. Players may bring their own catching gear or use ours.