



# SOFTBALL CLINICS



For information on our instructors visit **5week, small group**  
instruction programs

[AtBats Softball and Baseball Coaches](#)

Visit [ATBATS.COM](http://ATBATS.COM) for our clinic schedules and online registration.

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

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

## Softball All-Skills, ages 7-10

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

Our 5 week Softball 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 9-11

**\$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.

## Pitching Fundamentals, ages 8-11

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

For new and experienced pitchers. Provides detailed instruction in proper basic softball pitching mechanics to improve stability, velocity and control. The small group setting allows plenty of personalized instruction. *Note; all pitchers need someone to catch for them! A family member or teammate is fine.*

## 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.

## Advanced Skills Camp, ages 11-14

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

Our Advanced Softball Skills Camp for experienced 12-14U players provides off-season training in offense and defense skills in a team practice format. Players will work on throwing, fielding, defensive footwork, positional play, hitting for contact and power, situational hitting and softball conditioning. Wear workout clothes and come prepared to train hard!

## 'Next Level' Hitting, ages 11-14

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

Semi-private clinics for experienced 12-14U softball players. Each player's hitting mechanics will be evaluated for improving contact and power including stance, load, stride, contact position and follow through. Covers situational hitting, hitting different pitches and bunting. Instruction includes drills, demonstration, T-work and live BP. The small group setting provides plenty of personal instruction. A good alternative to private lessons!

## 'Next Level' Pitching, ages 11-14

**\$225. Five 1-hour sessions. Max of 3 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.

*Note; all pitchers need someone to catch for them! A family member or teammate is fine.*

## **'Next Level' Catching, ages 11-14**

**\$195. Five 1-hour sessions. Max of 3 catchers.**

Semi-private clinics for experienced softball 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.

**AtBats Training Center, 235 Summer Road, Boxborough, MA  
01719 Phone 978-266-1766 Fax 978-266-1764  
[www.atbats.com](http://www.atbats.com)**