



# SOFTBALL

## Youth Fast-Pitch Softball Clinics

CCHS Marian Activity Center @ 148 McHenry Str. Burlington  
5th - 8th Grade Girls

Open to all private and public school female athletes  
Enhance the skills of the sport they love!  
Assisting them to prepare for high school competition



### Offensive Sessions

Learn the proper techniques of the swing, the bunt, and the slash.

Baserunning -- Leading off, running technique, and thinking ahead

Sliding -- Proper techniques for bent leg, hook, and head first slides



### Defensive Sessions

Learn the proper techniques of fielding groundballs and flyballs

Improve throwing mechanics to make hard and accurate throws

Rundowns, lining up throws, relays, and position specific focus



### Pitcher & Catcher Sessions

Proper mechanics of pitching, including the grip, arm swing, and leg drive

Proper mechanics of catching including blocking pitches, fielding bunts, and throwdowns.

Bring your catcher's gear if you have it.

