



2016-2017

AFTER SCHOOL ALL-STARS

Boys Ages 8-12

This six week after school program will cover three main aspects of the game; pitching, defense and hitting. We will alternate each week covering defense/pitching on week 1, 3 & 5 and then hitting on week 2, 4 & 6. Each week will end with a skill related game based upon what was worked on each week.

- › **Pitching:** Balance through the full delivery. Proper back leg use. The correct arm motion to remain healthy and efficient. How to get through and not around the front side. Proper direction to ensure more strikes.
- › **Defense:** How to field and receive a ground ball properly. Proper foot work to help us move to and through the ball. How to catch fly balls in the outfield. How to crow hop.
- › **Hitting:** Proper batting stance. How to load the right way to allow good timing. Proper hand path to achieve a good contact point. How to get extension through the baseball/softball so more line drives are hit. We will go through a series of drills off of tees and in soft toss. We will then take live batting practice each time to put each focus point to live use.

SESSION 1

Thursdays 4-5pm

10/20, 10/27, 11/3, 11/10, 11/17 & 12/1

SESSION 2

Thursdays 4-5pm

12/8, 12/15, 12/22, 1/5, 1/12 & 1/19

SESSION 3

Thursdays 4-5pm

1/26, 2/2, 2/9, 2/1, 3/2 & 3/9

6 classes per session - \$240 per player, per session.