

KELSEY ETLING'S

SOFTBALL MINI CLINICS

CATCHING AND HITTING

ONE-DAY SATURDAY CLINICS

DEC 05	DEC 12	DEC 19	JAN 09	JAN 16	JAN 23

TIME SLOTS & AGES

10:00 - 11:00AM	HITTING	8U - 12U
11:00 - 12:00PM	CATCHING	8U - 12U
12:00 - 1:00PM	HITTING	13U - 18U
1:00 - 2:00PM	CATCHING	13U - 18U

SOFTBALL HITTING MECHANICS CLINIC

SWING SMARTER

Improve your contact, power, and consistency in a focused clinic that breaks the swing into simple, repeatable steps with live reps and coach feedback.

WHAT WE COVER

- Stance, balance, load & timing.
- Hip/core rotation and weight transfer.
- Compact hands and direct bat path.
- Pitch recognition and plate approach.
- Drills: tee, soft toss, front toss, controlled live pitching.

SOFTBALL CATCHING CLINIC

COMMAND BEHIND THE PLATE

Sharpen your skills as a catcher with focused drills and expert coaching to improveblocking, receiving, throws, and game management.

WHAT WE COVER

- Proper stance, receiving mechanics, and framing.
- Blocking techniques and recovery for wild pitches.
- Footwork, transfer, and quick, accurate throws to bases.
- Pop time improvement and target drills.
- Pitch-caller communication, signals, and game awareness

LOCATION
BALLS-N-STRIKES BALLWIN

COST
$65 PER CLINIC

TO REGISTER
CALL 636-394-2255