



# SKILLS CLINIC



## REGISTRATION

**Clinic Date:** January 24th, 2010

**Clinic Times:** 9a - 4p

**Clinic Location:** Extra Innings - Bensalem, 782 Haunted Lane, Bensalem, PA 19020

**Clinic Costs:** \$125.00 per player

**How to register:**

Go to [www.usssa.com](http://www.usssa.com).

Click On **Fastpitch Camps and Clinics**

**Camper will receive:**

Camp T-Shirt, Professional Instruction, Autograph Session with the Pros

## CLINIC DESCRIPTIONS

*This will be a one day all skills clinic, that promises to be the first of it's kind in the area. The clinic will cover all aspects of the game: offense, defense, pitching, catching, presentation of the mental game and a recruiting presentation. Campers will be getting professional instruction from USSSA Pride Players and Professional Coaches.*

**These are the areas that will be covered:**

**Fielding and Base Running**

This session will focus on proper defensive techniques on the infield and outfield positions. Instruction for all fielders will include throwing, fielding and position responsibilities. Instruction on stance glove work, forehands, backhands and footwork, etc will be covered. This session will also cover techniques and strategies of proper base running. Smart and aggressive base running is a key component to a productive offense.

**Offensive**

This session will focus on the proper hitting techniques, hitting different pitch locations, off speed pitches and advanced mechanics. You will drill the necessary fundamental, mechanical and explosive movements that are keys to becoming a better hitter.

**Pitching**

Instruction will be general toward increasing speed and gaining control of the fastball. Instruction on the change-up pitch will also be included along with several different grips and style. This session will also be targeted towards building your pitching repertoire. Several different grips and techniques of throwing different moving pitches will be taught. The purpose and strategy of each pitch will be discussed.

**Catching Session**

This session will focus on the proper defensive techniques of the catching position. Catchers will receive instruction on stance, blocking balls, throwing to bases, pop-ups, signal calling and knowledge of the strike zone rules. Game defensive strategy will also be discussed.

## INSTRUCTORS

**The Clinic will Feature:**

**Monica Abbott, USSSA Pride Pitcher**

- Pan American Gold medalist (2007)
- Two-time World Cup Champion (2006 & 2007)
- World Champion (2006)
- Winner of Women's Sports Foundation's "Team Sport "Athlete of the Year" award (2007)
- Olympic Silver medalist (2008)

**Lauren Lappin, USSSA Pride (3B/C)**

- Olympic Silver Medalist (2008)
- Pan American Gold medalist (2007)
- World Cup Champion (2007)
- Alternate on 2004 Olympic Gold Medal Team

**And will also include:**

A host of other Professional Players, College Coaches and excellent clinicians.

***\*This clinic promises to be the BEST of its kind in your area so register soon!!!!***

**CONTACT: ALISSA SMITH (386) 589-4420 ALISSA.SMITH@USSSA.COM**

**Autograph session with Pride players will be held the last hour of the clinic!**