

Pitching Clinics

BEGINNERS CLINICS

8 - 10 Pitchers

2 hours - \$30/per pitcher

Friday, June 19th

12:00 - 2:00

WHAT WILL BE TAUGHT

- **Mechanics of the pitch**
- **Timing and how to achieve it**
 - **Pitch to locations**
- **Drills for strength and balance**
 - **Wrist snap and release points**
- **Fast-ball, drop-ball and change-up**

ADVANCED CLINICS

8 - 10 Pitchers

2 hours - \$60/per pitcher

Friday, June 26th

12:00 - 2:00

WHAT WILL BE TAUGHT

- **Review mechanics and timing**
 - **How to develop speed**
 - **Locating the pitch**
- **Teach riseball, dropball, screwball, curveball and changeup**

Based on their experience, each pitcher should determine their level.

A beginner pitcher will not benefit from the Advanced Clinic.

An advanced pitcher will not benefit from the Beginners Clinic.