



FALL HITTERS CAMP

When – **OCT 16 to NOV 26** Mondays

Various ages – athletes will be assigned a time slot

Session A: 6pm to 7 (cost - \$125)

Session B: 7pm to 8 (cost - \$125)

What - An intentional instructive offseason player & coach hitting program.

Athletes will be placed in effective working groups.

- Warmup
- Strength for hitters
- Stance, swing mechanics
- Repeatable movement patterns
- Approach to hitting
- Thinking through the swing sequence
- Using the whole field

FOR COACHES – “How to teach and coach hitting.”

Where – Calvary FC Regional Fieldhouse (ALDESYDE)