



## 2018 Advanced Skills Summer Camp

*Player Ages 9-11 are eligible to attend  
Players will be split up by age groups for the most specific instruction*

DATES: (Saturday Mornings) July 28, August 4th, 11th, 18th

TIME: 9:00 AM – 12:00 PM

LOCATION: Southington West LL Fields

This 4-week camp will focus on developing our players advanced skills with position specific instructions. We will work with each player to increase awareness and develop their overall baseball knowledge. Everyone will be broken up into groups and each week they will go through numerous different drills and positions on and off the field. We have a lot planned this week, the training sessions will push them to perform and are designed with a no-nonsense approach to developing these skills... With that said we have a lot of fun activities built into the plan that will allow the kids to get the silly out.

Cost: \$75.00

Sign-Up Online @ [www.SouthingtonTravelBaseball.com](http://www.SouthingtonTravelBaseball.com)

### **Offensive Skills:**

Swing Mechanics, Offensive Stations, Tee Work, Soft Toss, Live Batting Practice

### **Defensive Skills:**

Proper Fielding and Throwing Mechanics, Footwork Drills, Fielding Drills, Specific Position Fundamentals, Pitching – (Lead-ups to Improve Control, Drills to become a Complete Pitcher), Catching – (Receiving, Blocking, Proper Footwork and Throwing Mechanics.)

*Rain Policy – because this is an outdoor facility we will try to get every session in on the scheduled dates, if weather is truly to bad to host that day's camp we will move the session to Sunday.*