



# FASTPITCH SOFTBALL TRAINING CAMP

## PROGRAM INFORMATION:

- THURSDAY NIGHTS  
WHEN: FEBRUARY 2<sup>ND</sup> – MARCH 8<sup>TH</sup>, 2012  
TIME: 7:00-9:00PM
- 1 HOUR HITTING & 1 HOUR SPEED AND CONDITIONING
- MAXIMUM STUDENT/TRAINER RATIO IS 8:1

### TRAINING TO INCLUDE:

#### HITTING TRAINING:

- SOFT TOSS
- TEE WORK
- LIVE HITTING AND BUNTING

#### SOFTBALL SPEED AND CONDITIONING

- PLYOMETRICS AND AGILITY DRILLS
- CORE, BACK AND HIP STRENGTH DRILLS
- SOFTBALL SPECIFIC AGILITY DRILLS

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\$180 per athlete**

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