

Softball

(For Girls 8 thru 14 years old & High School)

Fielding & Hitting Program Details *(8 thru 14 years old)*

In the fielding portion of the program students will learn and sharpen fielding fundamentals and then move onto more intermediate and advanced skill work, including backhand drills, forehand drills, short hops, long hops, double plays, making tags, and learn how to consistently field “thru the ball” which is vital to being a solid infielder. Outfield ground balls, fly balls, and getting the proper approach and angles to the ball will also be covered. All students will make numerous throws from basic fielding positions and off-balance. Our step-by-step approach will have your fielder ready to play with confidence at the next level.

The hitting portion of the program is for the beginner- to intermediate- to advanced softball hitter. Topics include swing plane, hitting for power, hit the count, advanced lower and upper body mechanics training, plus bunting for a sacrifice and a hit. In the softball hitting program, we hit off of various training devices to cultivate a solid fundamental hitting base. We will perform innovative drills to increase your chances of hitting the ball on the “sweet spot” consistently. Our hitting stations, when performed properly, create positive muscle memory, effectively replacing poor habits with good habits. Live hitting will also be part of the program. Base-running work will complete the offensive training program.

Softball



Pitching

Softball Pitching is scheduled on an individual basis and is available year-round for all ages with PBI's softball pitching coaches Janine Pacyna & Janine Teel.

30 Minute Individual Lesson

\$55. per lesson

Semi Private Lesson (2 Girls for 1 Hour)

\$50. per girl

45 Minute Individual Lesson

\$75. per lesson

Private Mini Clinics (1 Hour)

3– 8 Girls: \$33. per girl with 1 coach

9– 12 Girls: \$33. per girl with 2 coaches

To schedule a softball pitching appointment call 1-800-282-4638 x100