



# Skills Clinics 2024

## Learn to play

**Duration:** 1.5 hrs

**Who it's for:** People new to the game! Never played and don't know how the game works (yet) - which base is first, how to hold a bat, where is the strike zone, etc. We're starting from the beginning. Looking for some small group learning with lots of opportunities to ask questions about how to play.

Recommend attending Skills 101 afterward for more practice.

**What it is:** Walking through the basics of the game, including the who, what, where, when, why, and how of softball. Learning how to wear and use equipment safely, rules and norms of gameplay, and what to expect in the upcoming season.

**Goals:** To demystify the game and to feel confident arriving to games and being on the diamond. To build connections with others in the league.

### Sessions:

**Sun April 7 • 10:00 to 11:30am**  
China Creek NW

**Sat April 13 • 10:00 to 11:30am**  
(Outdoor Field TBA)

## Skills 101 Practice

**Duration:** 1.5 hrs

**Who it's for:** People newer to the game and/or people wanting beginner-oriented practice. Looking to get lots of reps and feedback on fundamental softball skills.

**What it is:** Practicing throwing and catching the ball from others and playing the ball after it's been hit (on the ground and in the air), swinging a bat to make contact at bat.

**Goals:** To learn and practice safe fundamental softball skills. To take away a few tips and tricks for each major skill area. To build connections with others in the league.

**Leader(s):** Trina Prince and others TBA

### Sessions:

**Sun April 7 • 12:00 to 1:30pm**  
China Creek NW

**Sat April 13 • 12:00 to 1:30pm**  
(Outdoor Field TBA)

**Sun April 14 • 10:00 to 11:30am**  
China Creek NW

**Sun April 21 • 10:00 to 11:30am**  
China Creek NW

**Tues April 23 • 6:30 to 8:00pm**  
Norquay

## Season Tune-Up

**Duration:** 1.5 hrs

**Who it's for:** The general Mabel population. You've played a little or a lot and want a chance to shake the rust off before the season starts. You want to practice the fundamentals, receive feedback on your mechanics, and learn about game strategy on offense and defense.

**What it is:** Fielding and batting stations, focusing on efficient movements and habits that promote success and safety. Practicing footwork in the field and on the basepaths. Working in game-like situations for strategic decision-making.

**Goals:** To feel more confident in hand-eye coordination, softball skills, and dynamic body movements after the off-season. To revisit best preparation for the body before games and practices. To practice strategic communications on the field. To build connections with others in the league.

### Sessions:

**Wed April 10 • 6:30 to 8:00pm**  
China Creek NE

**Sat April 13 • 10:00 to 11:30am**  
(Outdoor Field TBA)

**Sun April 14 • 10:00 to 11:30am**  
China Creek NE

**Thurs April 18 • 6:30 to 8:00pm**  
(Outdoor Field TBA)

**Sun April 21 • 12:00 to 1:30pm**  
Rupert C

**Tues April 23 • 6:30 to 8:00pm**  
China Creek NE

## High Tempo/Challenge

**Duration:** 1.5 hrs

**Who it's for:** Experienced softball players who want to practice in a more fast-paced, athletically challenging, and supportive environment. People who have the goal of feeling at home in Div B and A now or in the future. Players looking for specific mechanical and strategic coaching.

**What it is:** Advanced throwing and hitting mechanics. Footwork around the ball and around the bases. Glovework to improve fielding efficiency.

**Goals:** To create efficiencies in technique and improve confidence in high tempo game situations. To try different approaches at the plate. To build connections with others in the league.

### Sessions:

**Sun April 7 • 9:00 to 10:30am**  
Inside Performance // Leader: Nat +

**Sat April 13 • 9:00 to 10:30am**  
Inside Performance // Leader: Nat +

**Thurs April 18 • 6:30 to 8:00pm**  
(Outdoor Field TBA)

**Sun April 21 • 6:30 to 8:00pm**  
Douglas SW

## Pitching 101

**Duration:** 1 hr

**Who it's for:** Players who are learning to pitch for the very first time.

**What it is:** Learning basic pitching grip, body movements, and tips for continuing practice.

**Goals:** To develop a consistent pitching motion and to learn methods of self-correction.

**Special note:** all pitchers must bring a catcher.

### Sessions:

**Sun April 14 • 10:00 to 11:00am**  
(Outdoor Field TBA)

**Thurs April 18 • 6:30 to 7:30pm**  
(Outdoor Field TBD)

## Pitching Tune-Up

**Duration:** 1 hr

**Who it's for:** The general Mabel population. You've pitched a little or a lot and want a chance to shake the rust off before the season starts. You want to practice the fundamentals, receive feedback on your mechanics, and learn some ways to continue improving on your own.

**What it is:** Practicing a pitching warm-up, reviewing grip and body motion, and getting lots of reps throwing to a catcher. Receiving feedback from instructors to take away into the season.

**Goals:** To find consistency in pitching motion and to increase confidence at the position.

**Special note:** all pitchers must bring a catcher.

### Sessions:

**Sun April 14 • 11:30am to 12:30pm**  
(Outdoor Field TBA)

**Tues April 23 • 6:30 to 7:30pm**  
Clark

**Wed April 24 • 6:30 to 7:30pm**  
Clark

## Windmill Pitching

**Duration:** 1 hr

**Who it's for:** Pitchers who want to learn or improve their windmill technique.

**What it is:** Establishing sound windmill mechanics and appropriate progressions for warm-up and improvement. Learning methods for problem-solving. Getting lots of practice throwing to a catcher. Receiving lots of feedback.

**Goals:** To build confidence toward in-game windmill pitching. To learn and take away strategies for further practice.

**Special note:** all pitchers must bring a catcher. Windmill pitching is permitted in B and A divisions only.

### Sessions:

**Sun April 21 • 11:00am to 12:00pm**  
China Creek NE

## Catching

**Duration:** 1 hr

**Who it's for:** Players who want to improve at the catcher position and who intend to do at least semi-regular catching in the coming season.

**What it is:** Keeping the ball in front! Developing blocking and glove skills, practicing throwing to bases.

**Goals:** To establish sound habits to keep the ball from getting through, to feel confident in receiving and throwing, and to support pitchers through the game.

**Special note:** all catchers must bring gear.

### Sessions:

**Wed April 10 • 6:30 to 7:30pm**  
China Creek NW

**Sat April 13 • 11:00am to 12:00pm**  
Inside Performance