



# Goodwin Softball Academy



**For Players Ages 8-18**

## Features and Highlights:

The clinic consists of two five-session packages focusing on pitching, hitting, and softball specific sports performance training.

Each 2 hour session will consist of 30 minutes of pitching, 30 minutes of hitting, and an hour of sports performance training.

This is the most comprehensive softball training program for pitchers and hitters in Northern NJ, designed to prepare them for the upcoming softball season.

- Pitchers will work on specific skills, using drills targeted to improve their overall arm health, mechanics, and injury prevention.
- Hitters will work on specific skills, using drills targeted to improve power, bat track, contact and overall swing mechanics
- The results you can expect from Sports Performance Training include:
  - Rotational Strength and Development– essential to hitting and pitching power.
  - Using multidirectional drills to improve efficiency and explosiveness to improve overall range on the field.
  - Improve speed and acceleration, allowing the athlete to improve their home-to-first time and to become a bigger threat on the base paths.
- Groups will be limited to 8 participants each

### Session 1 Dates:

October 29, 2011  
 November 12, 2011  
 November 19, 2011  
 December 3, 2011  
 December 17, 2011

**\*Session 2 Dates: TBD**

### Groupings

Group 1  
 Group 2  
 Group 3

### Times

1-3pm  
 2-4pm  
 3-5pm

*\*Times correspond with appropriate age groups*

**Price:\$300 for 5 sessions**  
**\$500 for 10 sessions**