



## **Skills Development Clinic Cost 2015**

### **Types of services available:**

- Individual video analyses
- Team video analyses
- Skills clinics for local teams (See chart below)
- Skills clinics for All-star teams (See chart below)
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### **Host Responsibilities**

- Contact Ryan Boland to set up clinic (ryanboland31@hotmail.com)
- Ensure ONLY Softball NL members participate
- Collect and pay fees to Softball NL prior to clinic
- Book a suitable facility (gym/field)
- Pay Softball NL travel expenses for instructors prior to clinic (40 cents a km see chart below)
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**Softball NL will cover the cost of equipment and training devices, meal per diem and honorariums for their instructors. The number of instructors depend on the number of players register (10 = a 1 instructor minimum, 11-15 = 2 instructors, 16-30 = 3 instructors, 31-40 = 4 instructors)**



## **Video Analyses:**

### **Hitting:**

Basic stance (Open or closed stance & Head, Hips and feet), Strike Zone (What's a strike vs what's a ball), Plate Coverage (How to pull a ball & How to go with the pitch), Bunting (When to bunt, how to bunt, what you want to achieve)

### **Catching:**

Framing (making the most of a strike zone), Transfer (Drills to allow getting the ball from your glove to your throwing hand), Throwing (Pop and throw), Pickoffs (Throwing from the knees)

### **Fielding:**

Proper infield techniques (Fielding the ball from straight on, backhand and forehand), Proper outfield techniques (How to approach a high pop fly, line drive, gapper), When to hit what cut-off and why (How middle infield, 1<sup>st</sup> base and pitcher cope with a gapper situation), Cut offs (What fielder does the outfielder hit? What do we do next?), Throwing (Throwing techniques from outfield, throwing techniques from infield), Double plays (Proper double play transfers)

### **Pitching:**

Mechanics (Power line), Spins (Different grips for drop, rise and change and release points), Approach (How to approach batters in certain situations)

### **Base Running:**

When to start stealing (Proper lead off), When to Dive & how, When to slide & how, Heads up running



## TEAM/COMMUNITY CLINICS

Age	Time Frame	Individual Cost	Minimum Players	Maximum Players	Training Available
Mite	45 mins. sessions	\$10 each	8	30	Pitching, Catching, Fielding, and Hitting
Squirt	1 hr sessions	\$10 each	8	40	Pitching, Catching, Fielding, Hitting and Sliding
Pee Wee	75 mins. sessions	\$15 each	10	40	Pitching, Catching, Fielding, Hitting, and Bunting
Bantam	2 hr sessions	\$15 each	10	40	Pitching, Catching, Fielding, Hitting, Bunting, and Mental Preparation
Midget	2 hr sessions	\$15 each	10	40	Pitching, Catching, Fielding, Hitting, Bunting, and Mental Preparation

*Please note: multiple clinics may be accommodated on the same day if instructors are available. It would be the best interest of those requesting clinics to provide for as many categories as possible on the same day due to limited time that instructors have available.*

## Mileage Chart

*\*please note current members of the Skills Development all live in St. John's*

Location	Kms from St. John's <i>RETURN TRIP</i>	Cost
Gander	680	\$272
Corner Brook	1400	\$560
Clarenville	380	\$152
Placentia	280	\$112
CBC	100	\$40
CBS	70	\$28
Southern Shore	60	\$24