



## JUNE National Skills Clinic : ORLANDO 2019

<b>10:15 - 11:45AM</b>	<b>REGISTRATION</b>						
<b>12:00-12:35 AM</b>	<b>Dynamic Warm Up &amp; Active Stretch on Field 11</b>						
<b>12:40-1:10 AM</b>	<b>Throwing Progression/Throwing Warm up</b>						
<b>1:15-2:30PM</b>	<b>Defensive/Specialty Skills Training</b>						
	<b>Field 12</b>		<b>Field 13</b>		<b>Field 14</b>		<b>Field 15</b>
	<b>Pitchers &amp; Catchers</b>		<b>Middle Infielders</b>		<b>Corners</b>		<b>Outfielders</b>
<b>2:30-3:00PM</b>	<b>Total Team Defense: Infield and Outfield</b>						
	<b>Field 12</b>		<b>Field 13</b>				
	<i>Teams 1 &amp; 2</i>		<i>Teams 3 &amp; 4</i>				
<b>3:05-3:40PM</b>	<b>*** LUNCH BREAK ***</b>						
<b>3:45-5:00PM</b>	<b>HITTING: Make every swing count</b>						
	<b>Field 12</b>		<b>Field 14</b>				
	<b>FRONT TOSS HITTING</b>		<b>TEE DRILLING/ Live Hitting</b>				
<b>3:45- 4:25PM</b>	<i>Teams 1 &amp; 2</i>		<i>Teams 3 &amp; 4</i>				
<b>4:30-5:10PM</b>	<i>Teams 3 &amp; 4</i>		<i>Teams 1 &amp; 2</i>				
	<i>Pitchers &amp; Catchers hit first in 2nd hitting round and re-warm for LIVE games</i>						
<b>5:15-5:30PM</b>	<b>Go to your LIVE Game field and prepare for final hour of competition</b>						
<b>5:30-6:30PM</b>	<b>LIVE GAME COMPETITON: <i>PLAY BALL!!</i></b>						
	<b>Field 12</b>		<b>Field 13</b>				
	<b>1 vs. 3</b>		<b>2 vs. 4</b>				
<b>6:30PM</b>	<b><i>... Final Goodbyes &amp; Thank you for a great day of softball training!</i></b>						