



# Tolland Little League

## Baseball ♦ Softball



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MAILING ADDRESS: PO BOX 73, TOLLAND CT 06084

## TOLLAND LITTLE LEAGUE 2012 WINTER CLINICS ARE HERE!

Cost: \$85.00

**Clinic # 1: Pitching and Catching**  
(Baseball 8-14 year olds)  
Fridays, 5:00-7:00  
January 6, 13, 20, 27 @ Star Hill

Cost: \$85.00

**Clinic # 2 Infield Outfield**  
(Baseball and Softball 8-14 year olds)  
Fridays, 5:00-7:00pm  
February 3, 10, 17, 24 @ Star Hill

Cost: \$85.00

**Clinic # 3: Hitting**  
(Baseball and Softball, 8-14 year olds)  
Fridays, 5:00-7:00pm  
March 2, 9, 16, 30 @ Star Hill

**Pitching and Catching** (Limited to 35 baseball)

This clinic will focus on the skills and drills necessary for effective and controlled pitching through hands on training. Pitchers will focus on proper warm ups, stance, technique, accuracy, speed and execution. The pitchers will also work with the catchers on communication and defense of pop ups and bunt defense.

Catchers will focus on proper warm ups, stance, blocking, framing, throwing out runners, bunt defense, pitch calling and communication. At the end of each session, the pitchers and catchers will be paired up for some competitive drills. To be held at Star Hill Family Athletic Center.

**Infield and Outfield** (Limited to 30 baseball and softball combined)

This clinic will teach and reinforce the proper fielding of ground balls, pop flies, foot work and throwing for both infield and outfield. Various drills will be taught to focus on the mechanics of all aspects of playing defense. At the end of each session, there will be competitive games to bring together what was learned during the session. To be held at Star Hill Family Athletic Center.

**Hitting** (Limited to 30 baseball and softball combined)

During the hitting clinics, the player will be broken down from the ground up and taught the correct stance, foot work, bat grip, rotation of hips, and the position of hands, head and bat. Various drills will be taught to reinforce proper hitting mechanics followed by some competitive games. To be held at Star Hill Family Athletic Center.

**To Register: Fill out the registration form or register on line at [www.tollandlittleleague.org](http://www.tollandlittleleague.org)**

*Enrollment is limited to Tolland baseball and softball players between the ages of 8-14.*

*Proceeds will go to field maintenance*

*Any questions should be directed to Dan Tourtellotte, Tolland Little League Training Director 870-8832  
[tourdan@sbcglobal.net](mailto:tourdan@sbcglobal.net)*