

Tolland Little League 2015 Winter Clinics

Tolland Little League will be offering 4 winter clinics that will be run by Tolland High School's Baseball/Softball Staff in February & March. Registration is now open for the 2015 Winter Clinics.

Clinic #1: Infield/Outfield Fundamentals:

Baseball: 8-12 year olds

Sundays in February: 2/1, 2/8, 2/15, 2/22

TIME: 6:15-8:00 pm @ Tolland High School

Cost: \$85.00

This program is designed to help improve all around defensive baseball skills from throwing and catching the ball properly, to improving footwork for infield/outfielder's, and attacking the baseball. Fielding drills will stress the importance of creeping on every pitch, anticipation/reaction, ground balls/fly balls, double plays, cutoff drills, communication, and basic game situations. **Limited to 40 players, run by Todd Euliano (Coaching Coordinator/Director of Training and Development)**

Clinic #2: Softball Clinic: (Hitting/Fielding):

Softball: 8-12 year olds

Wednesdays in February: 2/4, 2/11, 2/18, 2/25

TIME: 6:30pm - 8:00pm @ Tolland High School

Cost: \$85.00

Players will learn the correct swing plane, proper grip and stance through tee work and soft toss. Also, players will learn the art of bunting from both sides of the plate. We will focus on good throwing mechanics from a ready position, fielding position (while moving) along with cut off and ground ball drills. This clinic will also cover catching with 2 hands with and without gloves, communicating and base running techniques.

Limited to 40 players, run by Bill Pompa (Head Coach Varsity Softball)

Clinic #3: Offensive Clinic (Hitting/Bunting/Base Running):

Baseball 8-12 year olds

March: 3/2, 3/3, 3/4, 3/5

TIME: 6:30-8:00 pm @ Tolland High School

Cost: \$85.00

This program is designed to help improve your child's ability and confidence on the offensive side of the baseball. They will get 4 sessions of pure offensive instruction where they will learn the importance of balance and timing throughout their swing, how to bunt a ball properly, and aggressive base running skills. In addition, they will learn the importance of pitch counts and pitch selection. **Limited to 50 players, run by Scott Czerwinski (Head Coach Varsity Baseball)**

Clinic #4: Pitchers/Catchers:

Baseball 8-12 year olds

March: 3/10, 3/12/ 3/17, 3/19

TIME: 6:30-8:00 pm @ Tolland High School

Cost: \$85

This program is designed to help improve players who want to have a focus on pitching/catching. The clinic will be led by Tolland High School baseball coaching staff and current players who will focus on all areas of importance for each position. Pitchers will work on arm circle, grips, balance drills, pitching delivery, follow thru and completion of motion. Clinic will cover drills and techniques to improve consistency and velocity on the mound. Catchers will work on stance set up, proper receiving of pitches, blocking, fielding their position, proper technique for catching pop-ups, and throwing to bases. Clinic will cover drills and techniques for young catchers to improve defensively in all aspects of the position. Seven coaches from the high school staff and numerous players will allow each camp member plenty of instruction and attention over the course of the clinic. **Limited to 50 players, run by Scott Czerwinski (Head Coach Varsity Baseball)**