



'17 - '18

TIGER SOFTBALL CAMPS

www.LSUsoftballcamps.com

01.13-01.14

Pitching Camp

9am-4pm Ages 8-18 **\$285**

Pitching sessions broken up by specific pitch with a focus on the entire fundamental base of each pitch. From there advanced skills and spin will be taught. Strength and core will be a major focus for the upper age groups in order to creating speed and power. In the afternoon, pitchers will throw to catchers with the aim of transferring the skills to full pitching. Camp is staffed the LSU staff and College Coaches, NPF players, and Professional Instructors from all over the country.

All groups will be split by age & ability to ensure the best learning environment possible for the athletes

Visit www.LSUsoftballcamps.com for more info & to register

Contact softball@LSU.edu with questions

01.13-01.14

Hitting & Defense Camp

9am-4pm Ages 8-18 **\$285**

Hitting sessions will offer drills and philosophies aimed at creating power, recognizing pitches, improving plate approach (contact points & vision).

Defense sessions will be broken up by position and will cover proper footwork, angles, range, overhand throwing techniques in order to prevent injury, and many other fast paced skills mimicking an LSU Team practice. Camp is staffed the LSU staff and College Coaches, NPF players, and Professional Instructors from all over the country. All groups will be split by age & ability to ensure the best learning environment possible for the athletes

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Coaches Clinic

Register via email

Day 1 - Jan 13—12pm-8pm

4 Teaching Sessions, Dinner, & LSU Practice

Day 2 - Jan 14 - 9am-4pm

5 Teaching Sessions & Lunch

The Coaches Clinic will cover hitting, defensive, & pitching philosophies from coaches throughout the country. The Clinic will be staffed and taught by the LSU Staff, NPF players, and other College Coaches which offers a wider span of instruction and philosophy. The clinic will run at the same time as the Elite Camp.

\$125 for one day or \$250 for both

Register for Coaches Clinic via Annie Smith
Softball@LSU.edu

**** Camp is open to any and all participants ****