



ELITE TOTAL SKILLS CLINIC

DETAILS:

Dates: June 20th- 23rd

Time: 9:30am- 1:30pm each day

Cost: \$300 per athlete

Ages: 9-14

Location:

Von Colln Field

22nd and Pennsylvania Avenue

Philadelphia, PA 19130

WILL COVER:

- Stretch
- Throw
- Agilty training/Plyometrics
- Base running
- Fielding
- Pitching
- Hitting stations
- Live batting/hitting practice
- Conditioning (mobility, body weight, anaerobic and aerobic exercises)
- Mental training (managing performance anxiety and developing confidence)