



## **Mini Camp:**

### **Introduction to Fast Past Pitch- July 30 from 10am-12pm**

This Mini will be structured to teach Softball players the ins and outs of the new softball world. It will instruct the girls on the differences between Fast Pitch Softball and Slow pitch softball, with hopes of transforming Slow Pitch Players into Fast pitch players; it will also help young players who are graduating from Coach Pitch and Machine Pitch to have a better understanding of the game.

### **Camp Itinerary**

- Difference in batting stance/swing
- What is the importance of Bunting
- Stealing/Lead-offs
- Importance of the Pitcher
- Importance of the Catcher
- The roles of each player/position
- Equipment Difference (Bats, Gloves)
- Pace of the Game
- Differences in playing rules
- Levels of Play (Recreation, Travel A/B)