



'18-'19

LSUsoftballcamp@gmail.com

TIGER SOFTBALL CAMPS

<http://www.lsusports.net/youthcamps>

01.12-01.13

Pitching Camp

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

Pitching sessions are broken up by specific pitch with a focus on the fundamental base of pitching. Advanced skills & pitches are taught in later sessions. Strength & core will be a major focus for upper age groups to aid in creating speed & power. In the afternoon pitchers will throw to catchers with the aim to transfer skills recently learned. Camp is staffed by the LSU staff & College Coaches, NPF players, & Professional Instructors from around the country.

All groups will be split by age & then ability to ensure the best learning environment.

Register at www.lsusports.net/youthcamps

Contact LSUsoftballcamps@gmail.com for more INFO

01.12-01.13

Hitting & Defense Camp

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

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

Defense sessions will be broken up by positions & will cover footwork, overhand throwing, & many fast paced skills mimicking a LSU practice.

Camp is staffed by the LSU staff & College Coaches, NPF players, & Professional Instructors from around the country.

All groups will be split by age & then ability to ensure the best learning environment.

Register at www.lsusports.net/youthcamps

Contact LSUsoftballcamps@gmail.com for more INFO

01.12-01.13

Coaches Clinic

Register via Email

Day 1—Jan 12-12pm-8pm

4 teaching sessions, Dinner, & LSU Team Practice Camp

Day 2—Jan 13-9am-4pm

5 teaching sessions & Lunch

The Coaching Clinic will cover hitting, defense, & pitching philosophies. It will include outdoor & classroom sessions. The Clinic will be staffed by the LSU staff, College Coaches, & NPF players.

The Camp runs in conjunction with Elite Camp

Register via Email

Sandra—LSUsoftballcamp@gmail.com

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

**** Camp is open to any and all participants. Limited only by age & space ****