



Lady Mavericks

SUMMER BASEBALL & SOFTBALL CLINIC 2024

CLINIC GOALS

Our Coaches strive to create an environment that is fun as well as educational. We teach baseball/softball from a physical skill standpoint and mentor players on the mental approach of the game to create a complete player. We recognize the uniqueness in each player and adapt our approach to accommodate that player's temperament, aptitude, and skill set.

INSTRUCTIONAL FOCUS

HITTING

PROPER STANCE/SWING PATH/BAT SPEED/STRIDE/PITCH RECOGNITION/BALANCE/EXIT VELO

FIELDING

FOOTWORK/GLOVE POSITIONING/GLOVE TO HAND EXCHANGE/SITUATIONAL AWARENESS

CATCHING

BLOCKING/RECEIVING/FRAMING/THROWING

PITCHING

ARM CARE/MECHANICS/FOUNDATION OF PITCHERS ROUTINE



TYPICAL CLINIC DAY



8:30 - ATTENDANCE - BASEBALL/SOFTBALL TALK

8:45 - STRETCH/WARM-UP

9:00 - ARM CARE

9:30 - PLAYERS ROTATE THROUGH SPECIALTY DRILLS
(INFIELD/OUTFIELD/CATCHING/PITCHING/
HITTING/BASERUNNING)

10:45 - BATTING PRACTICE ON FIELD OR
TEAM COMPETITION

11:45 - LUNCH/BASEBALL/SOFTBALL IQ

12:30 - CONTROLLED SCRIMMAGE

1:50 - WRAP UP - BASEBALL/SOFTBALL TALK

2:00 - DISMISSAL

AGES
8u-13u

COACHES

OUR COACHES ARE PROFESSIONALLY TRAINED AND HAVE BEEN PLAYING AND COACHING AT ALL COMPETITIVE PLATFORMS (I.E., HIGH SCHOOL, COLLEGE, & PROFESSIONAL).

QUESTIONS?

CONTACT

Michael Sabatello Director of Baseball at:
MavericksClinic@gmail.com
(914) 438-3838

5 SESSIONS

SESSION 1 - JULY 8th - JULY 12th

SESSION 2 - JULY 15th - JULY 19th

SESSION 3 - JULY 29th - AUGUST 2nd

SESSION 4 - AUGUST 5th - AUGUST 9th

SESSION 5 - AUGUST 12th - AUGUST 16th

\$400 PER SESSION

***THIS INCLUDES DAILY PRIZES, WEEKLY AWARDS,
& PERFORMANCE PROGRESS REPORTS***

ECMavericksBaseball.Com



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