

Dear Parents,

This summer, Coach Pete and his team of trainers will be running a four-day, instructional outdoor camp for Little Leaguers at the Astor Little League Complex. Each day will be 3 hours long. This will be a high energy, multifaceted camp designed to develop the player's skills and awareness of how to play the game.

We are capping the enrollment at 20 players on a first come, first served basis and are planning to have a 3 to 1 player to instructor ratio. These numbers will allow us to have constant repetitions and minimal hanging around time. The camp is fully insured and we will be the only group utilizing the three-field facility.

Who is eligible? Any boy or girl who is going into the 2<sup>nd</sup>,3<sup>rd</sup>, 4<sup>th</sup>,5<sup>th</sup> grades in September.

**Dates: June 28, 29, 30, July 1. Rain Date July 2.**

**Time: 9AM to 12PM**

**Location: Astor Little League Complex  
2701 Brunner Ave.  
Bronx, NY**

**Tuition: \$319**

Please keep scrolling for full curriculum.

Registration is open and it starts with a phone call or email to secure your slot followed by the mailing of the full tuition.

Call for further information.

Looking forward to the opportunity of working with your children in a real baseball environment.

Coach Pete  
914-632-6742  
Hamma215@aol.com.  
80 Lawrence Place  
New Rochelle, NY 10801

# Curriculum

## **Hitting**

- Three Phases of Hitting...Setup, Load, Explosion
- Development of a Short, Compact Swing
- Understanding the “Strike Zone”
- Learning How to Utilize Your Hips in Hitting
- Aggressive Hitting Mentality
- Bunting Skills

## **Middle Infield Defensive Skills**

- Fundamentals of fielding the Basic Groundball
- Techniques of the 2 handed catch
- Backhand entry techniques
- Proper throwing mechanics
- Using your feet to make stronger throws
- How to make proper Tags

## **Outfield Defensive Skills**

- How to Catch the Basic Fly Ball
- Crow Hop Techniques
- How to Hit the Cut Off Man
- Infield technique for Outfield Grounders

## **Base Running Skills**

- Proper running form
- Running through first base
- Looping
- Figure 4 Slide
- Figure 4 Pop up Slide
- By Pass Slide
- Crossover step for stealing
- Tagging Up from Various Bases

## **Conditioning**

- Baseball Stretches
- Flexibility & Agility Drills