



ACE OF DIAMONDS®

Fall Session: Sept 8 - Nov 25

8U Classes: Ages 6-8

10U Classes: Ages 8-11

Middle School Classes: Ages 12-14

INTERMEDIATE: Grades 6-7

ADVANCED: Grades 8+

High School Classes: Ages 14+

Combo Classes:

8U & 10U All Skills

This **60 minute class** focuses on the development of 8U and 10U athletes in all areas of softball including: throwing, fielding, hitting, running, pitching, and catching. Beginner and intermediate skill levels of the 8U and 10U age groups welcome!

Hitting & Fielding

This **60 minute class** focuses on throwing and fielding mechanics for defensive development, and hitting mechanics for offensive power! This class uses a station-based approach with drills that emphasize repetition, consistency, and proper technique for both fielding and hitting!

10U Hitting, Baserunning, and Fielding

This **90 minute class** is offered on Saturdays through the fall session, this class has 3 30 minute segments: hitting, baserunning, and fielding/throwing. These major skills will help your softball athlete better understand the fundamentals and will translate into practice and game play.

Intermediate Hitting, Defense, and Strength (with pitching/catching)

This **90 minute class** is offered on Mondays through the fall. This class has 3 30 minute segments: hitting, strength training, and defense. The hitting segment focuses on swing mechanics, consistency, and power. The defense segment is split up by defensive position; pitchers will pitch, catchers will catch, fielders will field. The strength training segment develops the athlete's strength and power, a necessary piece to making adjustments and progress in the field and at the plate. **Grades 6 & 7 only.**

Advanced Hitting, Defense, and Strength (with pitching/catching)

This **90 minute class** is offered on Monday and Tuesday evenings through the fall. This class is structured like the intermediate class listed above, but is geared towards older and more advanced athletes. **Grades 8+ only.**

Advanced Live Pitching (Hitters and Catchers Welcome!)

This **90 minute class** is offered on Friday evenings through the fall. This class is structured in stations, where hitters will do tee-work, front toss, machine work, and hit off of pitchers of their age and skill level. Pitchers and catchers get a chance to work on game-like scenarios with live batters.

Pitchers and catchers also get a chance to work through hitting stations. **Grades 8+ only.**



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Pitching & Catching:

10U & MS Pitching & Catching

This **60 min class** focuses on the development of pitchers and catchers, separately and together! Each class is split up into warm up groups for pitchers and catchers separately to work on their own skills. After instruction on each position, pitchers and catchers throw together to practice scenarios and build confidence with game-like situations.

10U Pitching

This **60 min class** is for all skill levels of pitchers looking to improve mechanics, accuracy, and speed. It is important for pitchers to develop strong habits early on and build confidence for long-term success. No catchers needed.

MS Catching

This **60 min class** is for all skill levels of catchers looking to for more reps of framing, blocking, receiving, and throwdowns. Catcher's gear recommended, but not required.

Fielding:

MS Fielding/Throwing

The **60 min class** provides middle school softball players with throwing and fielding progressions to prep them for any infield or outfield position. Drills will be provided to develop strong throwing mechanics and fielding skills to be able to play at the next level.

Hitting:

MS Hitting / HS Hitting

The **60 min hitting class** provides softball players with drills on hitting mechanics and timing to prepare them for live game situations, based on the age level. Individual feedback and drills provided to develop solid hitting mechanics, improve contact, and maximize their exit velocity.

MS Hitting & Lefty Slapping

The **60 min hitting class** provides middle school softball players with drills on hitting mechanics and timing to prep them for live game situations. Taught by former collegiate lefty slappers, this class is also geared towards left-handed hitters looking to learn how to slap. Fundamentals and rationale for slapping are covered and athletes will focus on footwork, bat control, timing, and hand-eye coordination.



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Strength Training:

Ace of Diamonds offers youth strength and conditioning classes that build strength and improve cardiovascular and muscular endurance. All classes are taught by certified strength and conditioning coaches.

Athletes ages 12+ only

Intro to Strength

This **30 minute intro class** is offered on alternating Mondays in the fall to teach the basics of movement!

Speed & Agility

This **30 minute intro class** is offered on alternating Mondays in the fall to teach the basics of speed and acceleration mechanics, deceleration, cutting, and agility.

Softball Specific Strength & Power

This **60 min class** bridges the gap between strength and softball! Softball is a sport that requires powerful, rotational movements to succeed. This class teaches your athlete how to produce and absorb force, how to move safely and powerfully, and how to transfer their body's strength into their softball skills!

Strength & Conditioning: Learn to Lift

This **60 min class** is offered over a course of 10 week in the fall. Each session is designed to develop strength, power, and speed. Classes are available on a weekly drop-in basis, but the athlete will see the best results over the 10-week progression if they consistently work on their lifting and running mechanics, and power output.