



ACE OF DIAMONDS®

Softball Skills Class Descriptions - Ages 6-11

Ace of Diamonds offers focused development and training for measurable results through quality classes and top-tier coaching. Each class is catered to the athletes at that age and skill level, and pushes Ace athletes out of their comfort zones to develop their skills!

8U - Ages 8 and Under

6U/8U Rookie All Skills

These clinics put the fun in fundamentals! Designed for young players interested in softball, these classes use exciting drills to teach hitting, throwing, fielding, and baserunning basics. The goal is to create a high-energy environment that encourages learning, teamwork, and long-term interest in softball.

10U - Ages 11 and Under

10U Pitching

These clinics focus on the basics of the pitching process while developing strong habits early on and building confidence for long-term success. Early development for pitchers is crucial, and these sessions provide a structured, supportive environment to help pitchers succeed!

10U Fielding & Hitting

Taking the next step in developing an athlete's love for the game and performance on the field, these clinics maintain a strong focus on enjoyment while building the athlete's fielding and hitting mechanics. Athletes will grow their skills through a mix of group instruction and station based drills that emphasize repetition, consistency, and proper technique.



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Softball Skills Class Descriptions - Ages 12-14

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Middle School Pitching

Middle school pitching caters to pitchers at all levels and begins to focus on individualized feedback for each athlete. Pitching mechanics are taught with an emphasis on shoulder internal rotation (as opposed to “hello elbow” technique). The class works to build strength, speed, & accuracy.

Middle School Catching

The middle school catching class focuses on the fundamentals of the catching position, including receiving, blocking, throwing, and game awareness. Athletes will build confidence and consistency through focused reps and hand eye coordination drills. Catching gear recommended (extra gear provided as needed).

Middle School Fielding & Hitting

In the fielding and hitting class, athletes will run through drills on fielding, throwing, and hitting mechanics to grow their confidence on and off the field.

Middle School Hitting - INTERMEDIATE

The *intermediate* hitting class provided 6th and 7th graders with drills on hitting mechanics and timing to prep them for live game situations.

Middle School Hitting ADVANCED

The *advanced* hitting class is intended for 7th and 8th grade hitters at a competitive playing level. Coaches will emphasize mechanics, timing, power, and different pitch speeds. Individual feedback and drills provided to develop solid hitting mechanics, improve contact, and maximize their exit velocity.

Middle School Intro to Slapping

Taught by former collegiate lefty slappers, this class is designed for 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 to execute all types of slaps and bunts.



Softball Skills Class Descriptions - Ages 14+

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High School Hitting

This class is all about timing, pitch recognition, exit velocity, pitch discipline, situational hitting, consistency, and repetition. Coaches will take the athlete beyond simple ball contact and teach advanced concepts, techniques, and knowledge to ensure they are ready for game day!

High School Infield & Outfield - Coming soon!

The High School Infield and High School Outfield classes are separate classes that focus on positional technique, footwork, overhand throw mechanics, and situational awareness for the high school athlete!



NEW SPRING IN-SEASON CLASS!

These in-season classes occur during April and May and are designed to prepare athletes for the rigors of the season! Important topics include strength maintenance, recovery, arm care, and the mental aspects of the game.

In Season "ACES" Pitching & Catching Class

A - Arm Care

C - Command the Strike Zone

E - Efficient Mechanics

S - Speed

Designed for in-season athletes, this pitching and catching class focuses on maintaining strength through the season, while protecting the arm. Sessions emphasize proper arm care routines, command of the strikezone, efficient mechanics for pitching and overhand throwing, and speed maintenance through the long season. Pitchers will work on maximizing velocity and control without overuse, while catchers focus on receiving, blocking, and throwing with efficiency and durability in mind. Athletes will be guided through recovery circuits at the beginning and end of every class to get prepared for the week ahead!

When? Sunday Mornings in April and May (starting 4/12)

Middle School - 9am-10am

High School - 10am-11am



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Strength Class Descriptions

Ace of Diamonds offers adult and youth strength and conditioning classes that build strength and improve cardiovascular and muscular endurance. Each session combines functional strength training, cardio intervals, and mobility work to help you increase power, prevent injury, and feel stronger in everyday life. With circuit-style workouts, you'll be challenged at any fitness level while staying motivated in a supportive environment.

All fitness levels welcome!

Middle School Iron Aces

Mon 5-6pm

Wed 6:30-7:30pm

Sat 9-10am

High School Iron Aces

Will pick back up in June 2026!

Adult Iron Aces

Mon, Wed, Fri 12:00-12:50pm starting April 1