

SOFTBALL LITTLE LEAGUE DIAMOND PROGRAM

8-WEEK DIAMOND TRAINING PROGRAM

- LITTLE LEAGUE PROGRAM AGES 8-12
- 60 MINUTE SESSIONS FOR WEEKS 1-5, 90 MINUTE SESSIONS FOR WEEKS 6-8
- FIRST 5 WEEKS WILL BE INSTRUCTION
 - HITTERS WILL WORK ON THE MECHANICS OF THEIR SWING, LEARN ABOUT SITUATIONAL HITTING AND UTILIZE VARIOUS HITTING DRILLS
- LAST 3 WEEKS WILL BE LIVE GAME ACTION WHERE OUR HITTERS FACE LIVE PITCHING IN A GAME LIKE ATMOSPHERE

EACH SESSION IS LIMITED TO 12 PLAYERS. THE COST OF THE DIAMOND PROGRAM IS \$250 PER PLAYER. PAYMENT IS REQUIRED TO SECURE A SPOT.

LITTLE LEAGUE - SUNDAYS 1-2PM (2-3:30PM WEEKS 6-8)

PROGRAM IS RUN BY COACH DOYLE

STARTS 1/12/25 & ENDS 3/2/25

NAME: _____ AGE: _____

EMAIL ADDRESS: _____

PLEASE MAKE CHECKS PAYABLE TO **CAGE HEAT** OR PAY VIA VENMO TO **@AMES21**



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