



# WBSC



## USSA PRIDE CLINIC @ POLE FRANCE SOFTBALL

### May 4th, 2018

- 9.30 AM**      **USSA PRIDE presentation**
- 10.00 AM**      **Defensive drills – 4 stations (during 2 phases). We split the 8 pitchers in 2 group (A & B) and 4 catchers in 2 groups (C & D)**
- Phase 1: 40 min**
- Station 1 – PITCHERS: group A
  - Station 2 – CATCHERS: group C
  - Station 3 – INF: whoever play infield within group B & D
  - Station 4 – OF: whoever play outfield within group B & D
- 10.40 AM**      **Water break**
- 10.50 AM**      **Phase 2: 40 min**
- Station 1 – PITCHERS: group B
  - Station 2 – CATCHERS: group D
  - Station 3 – INF: whoever play infield within group A & C
  - Station 4 – OF: whoever play outfield within group A & C
- 11.30 AM**      **Offensive drills – 4 stations (3 players x station) – 12 mins x station**
- Station 1: Tee ball (regular swing)
  - Station 2: Tee ball (slap)
  - Station 3: hitting machine in the cage
  - Station 4: Live in the field
- 12.30 PM**      **Welcome cocktail and Lunch break**



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- 2.00 PM**      **Q&A with the Pride (life of a pro athlete)**
- 2.45 PM**      **Stretching all together and play catch**
- 3.15 PM**      **Pride + French players IN&OUT**
- 3.40 PM**      **Scrimmage game**
- 4 Pride pitchers vs 12 French players (each Pride pitcher faces 3 French players)
  - Pride Team in the defense
- 4.15 PM**      **HR Derby**
- 2 Pools, #1 with 4 Pride, #2 with 4 French players
  - Pool semifinal and final, 10 outs
  - Final: Best Pride vs Best French player
- 5.00 PM**      **Closing thoughts, autographs and pictures**