

2. 9. 14      12's Hitting Clinic

- I. Arm swing work with tennis balls on boxes and standing against wall
- II. Approach work without ball (focus on slow-to-fast with vertical jump)
- III. Combined approach with arm swing using tennis balls, then catching ball
- IV. Combined approach with arm swing off of tossed ball
- V. Pass, set, hit drill (introduced at passing clinic)

Serving Clinic

- I. Toss work
- II. High elbow contact
- III. Partner tape drill
- IV. Serve and run to base defense