

# Baseball & Softball **SKILLS WORKSHOPS**

AGES 4-16



## **HELPING YOUNG ATHLETES PREPARE FOR THEIR SPRING SEASON**



**RUN BY FORMER COLLEGE COACHES & PLAYERS**

### **BENEFITS OF SKILLS WORKSHOPS**

- confidence
- fundamentals training
- safety
- understanding the game
- prepares them for success on the field

### **AVAILABLE SKILLS WORKSHOPS**

- Baserunning, Sliding, Stealing
- Catching
- Softball Pitching
- How to play 3rd Base
- How to play 1st Base
- Proper way to track, catch flyball, cutoffs, etc
- Middle Infield Training



**\$10/CHILD/WORKSHOP**  
**REGISTRATION REQUIRED**

[www.nesconsetaa.com](http://www.nesconsetaa.com)



**LEARN FROM EXPERIENCED COACHES & PLAYERS**