

MJL SOFTBALL INTRO TO PITCHING

LEARN. PRACTICE. BUILD CONFIDENCE.



A hands-on pitching fundamentals session for girls who are **NEW** to pitching. We'll teach the basic steps so you can practice at home and work your way to pitching in your league games and throwing **strikes**!



SATURDAY, AUGUST 8TH



SATURDAY, AUGUST 22ND



3:00 – 5:00 PM



TWO RIVERS FORD PARK

"THE WALL" BETWEEN FIELDS 11 & 12
SOFTBALL QUAD

YOU'LL LEARN:

- ✓ Basic pitching mechanics
- ✓ How to develop control and accuracy
- ✓ How to build confidence on the mound
- ✓ Drills you can practice at home
- ✓ How to work toward throwing **strikes**



WEAR A
FACEMASK



BRING YOUR
GLOVE



BRING
HYDRATION



QUESTIONS?

CONTACT JOHN BAKER

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LEARN. HAVE FUN. GET BETTER. WE CAN'T WAIT TO SEE YOU THERE!

