

GROUP LESSONS

During the course of the year, the PBGYAA Girls Softball Program attempts to offer group lessons to interested girls in a variety of areas including pitching, hitting, catching and fielding. The lessons are typically held on Monday evenings at the Lake Catherine Softball Complex. The lessons are ideal for girls interested in improving their skills. The group catching, hitting and fielding lessons are offered subject to demand.

PITCHING LESSONS

The group pitching lessons are taught by JoAnn Ferrieri and are offered annually prior to each new season. They are available on a first come first serve basis and often fill quickly. The lessons are geared toward younger girls and focus on the fundamentals of pitching. Due to the complexities of softball pitching, any girl with a potential interest in learning how to pitch should consider participating in the group sessions.

The group pitching lessons are held every Monday evening for eight consecutive weeks and are typically limited to 8 participants per group.

The league will pay half of the lesson cost for all first time pitchers that participate.

SPEED TRAINING

This year we are providing an opportunity for PBGYAA members to take advantage of a special group rate we have arranged at "Ultimate Speed", a training program designed to enhance the strength, speed, endurance, balance and agility of athletes. The advanced training is offered at a training facility in Abacoa and training schedules will be structured as needed for groups of two to four participants.

Anyone interested in any of the group lessons offered should contact us by email as soon as possible.