

HITHOUSE OFF SEASON BASEBALL CLINICS

2026 - 2027



OFF-SEASON
CLINIC SERIES

CURRENCY

C L I N I C S E R I E S

HITTING
FIELDING
PITCHING
CATCHING
SPEED & AGILITY

SMART REPS.
REAL PROGRESS.
LASTING IMPACT.

YOU CAN'T WANT THE RESULTS
WITHOUT ACCEPTING THE **FEE.**

hit house

blocked

BASEBALL 8-9U

HITTING CLINIC

Mondays | 5:00-6:00 PM

THE PROBLEM:

Young hitters often take hundreds of swings without understanding how to move correctly. More swings can simply make an inefficient swing more automatic.

WHAT TO EXPECT:

- **Build the foundation:** Athletic stance, balance, posture and proper setup before the pitch arrives.
 - **Create a better load:** Controlled weight transfer and a strong hitting position without excessive movement.
 - **Improve the path:** Develop a direct barrel path instead of casting, chopping or pushing the bat through the zone.
 - **Use the lower half:** Introduce hip rotation and sequencing so the swing is not generated entirely by the arms.
 - **Improve contact:** Train timing, barrel awareness and consistent contact through tee work, front toss and controlled moving-ball reps.
- **THE RETURN:** A young hitter who understands how a good swing works instead of simply being told to swing harder.

4 WEEK OCTOBER CLINIC DATES: OCTOBER 5, 12, 19, 26

4 WEEK NOVEMBER CLINIC DATES: NOVEMBER 2, 9, 16, 23

\$249 FOR 1st CLINIC REGISTRATION

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\$199 FOR 2+ CLINIC REGISTRATIONS

DON'T GIVE THEM 500 MORE SWINGS. BUILD A BETTER SWING.

CLICK TO REGISTER FOR CLINICS

BASEBALL 8-9U

DEFENSE CLINIC

Mondays | 6:15-7:15 PM

THE PROBLEM:

Many young players wait for the ball instead of learning how to move their body into the correct fielding position.

WHAT TO EXPECT:

- **Angles:** Teach athletes to move toward the baseball instead of letting every ball dictate the play.
- **Footwork:** Build efficient approach steps, breakdown steps and movement through the ball.
- **Glove position:** Develop proper glove presentation and field the ball out front rather than underneath the body. · **Body position:** Establish athletic posture, balance and proper alignment behind the baseball.
- **Transfer and throw:** Connect fielding to a clean glove-to-hand transfer, proper footwork and accurate throw.
- **THE RETURN:** Less hesitation, cleaner fielding mechanics and more confidence when the ball is hit their way.

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4 WEEK NOVEMBER CLINIC DATES: NOVEMBER 2, 9, 16, 23

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DON'T JUST TAKE MORE GROUND BALLS. LEARN HOW TO FIELD THEM.

CLICK TO REGISTER FOR CLINICS

BASEBALL 8-9U

PITCHING CLINIC

Thursdays | 5:00-6:00 PM

THE PROBLEM:

Young pitchers often learn to throw hard before they learn to move well.

WHAT TO EXPECT:

- **Starting position and balance:** Establish a repeatable setup and controlled delivery.
- **Direction:** Move toward the target instead of spinning, drifting or falling off-line.
- **Lower-half movement:** Introduce how the legs and body contribute to the throw rather than relying entirely on the arm.
- **Arm action:** Develop natural, efficient throwing patterns appropriate for young pitchers.
- **Finish:** Complete the delivery under control and finish ready to defend.
- **THE RETURN:** Better mechanics, better strikes and a foundation that can support future velocity.

4 WEEK OCTOBER CLINIC DATES: OCTOBER 8, 15, 22, 29

4 WEEK NOVEMBER CLINIC DATES: NOVEMBER 5, 12, 19, 26

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BEFORE THEY LEARN TO THROW HARDER, TEACH THEM TO THROW BETTER.

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BASEBALL 8-9U

CATCHING CLINICS

Fridays | 5:30-6:30 PM

THE PROBLEM:

Young catchers are often taught to simply stop the ball. The position requires much more.

WHAT TO EXPECT:

- **Receiving:** Build a comfortable stance, glove presentation and clean receiving habits.
- **Blocking:** Teach body position, angles and how to keep blocked balls in front.
- **Footwork:** Move efficiently from receiving position into throwing position.
- **Transfers:** Develop quick, clean glove-to-hand exchanges.
- **Throwing:** Connect feet, transfer and arm action to create more accurate throws.
- **THE RETURN:** A catcher who begins to understand the position - not just wear the equipment.

4 WEEK NOVEMBER CLINIC DATES: NOVEMBER 6, 13, 20, 27

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CATCHING ISN'T JUST CATCHING.

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BASEBALL 10-13U

HITTING CLINICS

Tuesdays | 5:00-6:00 PM

THE PROBLEM: Many 10-13U hitters can look great in batting practice but struggle when timing, velocity and pitch location change.

WHAT TO EXPECT:

- **Setup and load:** Build a repeatable starting position and controlled move into launch.
- **Timing:** Develop rhythm, separation and the ability to get the body ready on time.
- **Bat path:** Create a more efficient path into and through the hitting zone.
- **Lower-half sequencing:** Connect hips, torso and hands instead of swinging everything at once.
- **Adjustability:** Handle different pitch locations and make adjustments without losing the swing.
- **THE RETURN:** A more repeatable swing that begins to transfer from the cage into competition.

4 WEEK OCTOBER CLINIC DATES: OCTOBER 6, 13, 20, 27

4 WEEK NOVEMBER CLINIC DATES: NOVEMBER 3, 10, 17, 24

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GOOD BP SWING ISN'T ENOUGH. BUILD A GAME SWING.

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BASEBALL 10-13U

DEFENSE CLINICS

Tuesdays | 6:15-7:15 PM

THE PROBLEM:

At this level, simply getting in front of the baseball isn't enough. Players lose outs because of inefficient feet, poor angles and slow transfers.

WHAT TO EXPECT:

- **First step and angles:** Read the ball earlier and create better routes to the baseball.
- **Approach footwork:** Learn when to attack, when to break down and how to maintain body control.
- **Glove position:** Develop proper presentation, work through the ball and handle different hops.
- **Forehand and backhand:** Build confidence fielding outside the center of the body.
- **Transfers and throwing footwork:** Reduce unnecessary steps between fielding and throwing.
- **THE RETURN:** Faster, cleaner defensive plays with fewer wasted movements.

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4 WEEK NOVEMBER CLINIC DATES: NOVEMBER 3, 10, 17, 24

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BASEBALL 10-13U

SPEED & AGILITY CLINICS

Tuesdays | 7:30-8:30 PM

THE PROBLEM:

Telling an athlete to run faster doesn't teach them how to become faster.

WHAT TO EXPECT:

- **Acceleration mechanics:** Improve body angle, force direction and first-step efficiency.
- **Starting position:** Build stronger athletic positions for stealing bases and reacting defensively.
- **First-step quickness:** Produce movement sooner rather than wasting steps.
- **Change of direction:** Teach deceleration, planting and re-acceleration.
- **Lateral movement:** Improve defensive range and efficient movement in multiple directions.
- **THE RETURN:** Better acceleration, quicker reactions and movement that translates to baseball.

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4 WEEK NOVEMBER CLINIC DATES: NOVEMBER 3, 10, 17, 24

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SPEED ISN'T JUST SOMETHING YOU HAVE. IT'S SOMETHING YOU TRAIN.

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BASEBALL 10-13U

PITCHING CLINICS

Thursdays | 6:15-7:15 PM

THE PROBLEM:

As hitters improve, simply throwing strikes isn't enough - and chasing velocity without efficient movement can create bigger mechanical problems.

WHAT TO EXPECT:

· **Delivery consistency:** Build a repeatable starting position, leg lift and move down the mound. · **Direction and stride:** Improve alignment and momentum toward the target.

· **Lower-half sequencing:** Use the ground and lower body before the arm takes over.

· **Separation and timing:** Coordinate lower and upper body for a more efficient delivery.

· **Command:** Connect repeatable mechanics with improved strike throwing and location.

· **THE RETURN:** A pitcher building command and velocity from better movement - not simply more effort.

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DON'T CHASE VELOCITY. BUILD THE MOVEMENT THAT CREATES IT.

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BASEBALL 10-13U

CATCHING CLINICS

Fridays | 6:45-7:45 PM

THE PROBLEM:

As the game speeds up, catchers can't afford wasted movement.

WHAT TO EXPECT:

· **Receiving:** Improve setup, glove positioning and presentation around the strike zone.

- **Blocking:** Train angles, body position and recovery on balls in the dirt.
- **Transfers:** Develop faster glove-to-hand exchanges.

· **Throwing footwork:** Remove unnecessary steps and create a more efficient path to second base. · **Pop and throw sequence:** Connect receiving, transfer, feet and release into one movement.

· **THE RETURN:** A quicker, more complete catcher who can impact every pitch.

4 WEEK NOVEMBER CLINIC DATES: NOVEMBER 6, 13, 20, 27

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ONE POSITION. HUNDREDS OF DECISIONS. TRAIN FOR ALL OF THEM.

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BASEBALL 14-18U

HITTING CLINICS

Wednesdays | 5:00-6:00 PM

THE PROBLEM:

Pitchers are faster, breaking balls are better and mistakes are exposed. A swing that worked at 12U may no longer be enough.

WHAT TO EXPECT:

- **Movement efficiency:** Identify unnecessary pre-swing movement that creates timing problems.
- **Load and separation:** Create a stronger launch position while maintaining adjustability.

- **Bat path and barrel accuracy:** Improve how efficiently the barrel enters and stays through the hitting zone.
- **Sequencing:** Connect lower half, torso and hands for efficient force transfer.
- **Pitch adjustability:** Train different speeds, locations and changing visual information.
- **THE RETURN:** A more efficient, adjustable swing designed for the demands of higher-level pitching.

4 WEEK OCTOBER CLINIC DATES: OCTOBER 7, 14, 21, 28

4 WEEK NOVEMBER CLINIC DATES: NOVEMBER 4, 11, 18, 25

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At higher levels, small inefficiencies start costing real outcomes.

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BASEBALL 14-18U

DEFENSE CLINICS

Wednesdays | 6:15-7:15 PM

THE PROBLEM:

At higher levels, the difference between an out and a hit is often one step, one angle or one slow exchange.

WHAT TO EXPECT:

- **Pre-pitch positioning:** Create better readiness and reaction before contact.
- **First-step reads:** Improve initial movement based on ball flight and speed.

- **Angles:** Take efficient routes that create better hops and throwing positions.
- **Advanced glove work:** Forehands, backhands, short hops and plays on the move.
- **Transfer and release:** Reduce time between securing the baseball and completing the throw.
- **THE RETURN:** More range, quicker execution and defensive movement that plays at game speed.

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4 WEEK NOVEMBER CLINIC DATES: NOVEMBER 4, 11, 18, 25

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AT THIS LEVEL, ONE WASTED STEP IS A BIG DEAL.

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BASEBALL 14-18U

SPEED & AGILITY CLINICS

Wednesdays | 7:30-8:30 PM

THE PROBLEM:

Older athletes often try to get faster by simply running harder. Maximum effort can't compensate for inefficient mechanics.

WHAT TO EXPECT:

- **Acceleration:** Improve projection, shin angles and force application during the first steps.
- **Sprint mechanics:** Develop efficient posture, rhythm and force production.

- **Base-running starts:** Train explosive first movement from baseball-specific positions.
- **Deceleration:** Learn to absorb force efficiently before changing direction.
- **Change of direction:** Improve plant mechanics and re-acceleration.
- **THE RETURN:** More explosive first steps, improved range and speed that transfers to bases and defense.

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4 WEEK NOVEMBER CLINIC DATES: NOVEMBER 4, 11, 18, 25

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RUNNING HARDER ISN'T THE SAME AS MOVING FASTER.

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BASEBALL 14-18U

PITCHING CLINICS

Thursdays | 7:30-8:30 PM

THE PROBLEM:

More throwing isn't automatically better pitching. Inefficient movement gets exposed by both hitters and increased throwing demands.

WHAT TO EXPECT:

- **Delivery assessment:** Identify where energy, direction or timing is being lost.
- **Lower-half force:** Improve use of the ground and movement down the mound.

- **Hip/shoulder sequencing:** Coordinate the kinetic chain more efficiently.
- **Direction and finish:** Improve movement toward the target and ability to repeat the delivery.
- **Command and execution:** Connect mechanics to locating pitches with greater intent.
- **THE RETURN:** A more repeatable delivery designed to support command, efficiency and performance.

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4 WEEK NOVEMBER CLINIC DATES: NOVEMBER 5, 12, 19, 26

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VELOCITY GETS LOOKS. PITCHING GETS ATTENTION.

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BASEBALL 14-18U

CATCHING CLINICS

Fridays | 8:00-9:00 PM

THE PROBLEM:

At 14-18U, catching becomes a performance position. Receiving, blocking and throwing must happen faster and more consistently.

WHAT TO EXPECT:

· **Advanced receiving:** Improve setup, presentation and movement around the strike zone. · **Blocking angles:** Control where blocked pitches go - not merely stop them.

- **Transfer speed:** Reduce wasted movement from catch to release.
- **Throwing mechanics:** Improve footwork, direction and release efficiency.
- **Pop-time components:** Break down the movements that influence throw time rather than simply trying to move faster.
- **THE RETURN:** A more efficient catcher capable of controlling more of the game from behind the plate.

4 WEEK NOVEMBER CLINIC DATES: NOVEMBER 6, 13, 20, 27

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GREAT CATCHERS DON'T JUST RECEIVE THE GAME. THEY CONTROL IT.

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CLINIC BREAKDOWN:

WHAT PARENTS CAN EXPECT — AND WHY IT MATTERS

- **SMART REPS** — Practicing with purpose builds better habits athletes can rely on when the game speeds up.
- **INDIVIDUAL FEEDBACK** — Small adjustments to mechanics, timing and movement can become the difference between making or missing the play.
- **GAME-SPECIFIC TRAINING** — Athletes train movements and situations designed to transfer directly into competition.
- **BETTER EFFICIENCY** — Cleaner footwork, mechanics and movement help athletes react quicker, execute faster and waste less motion.
- **CONFIDENCE THROUGH PREPARATION** — When athletes understand what they're doing and have trained it correctly, they step into the season prepared to compete.

THE OFF-SEASON IS WHERE THE EDGE IS BUILT

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Head Instructors:

ALL HEAD CLINIC INSTRUCTORS ARE

Current or Former MLB | Current or Former NCAA | Current or Former Olympic or National Team
| Current or Former OUA Baseball + Softball athletes

Cl

Recent Reviews:

"My son has now done 2 programs at the Hit house, a 6 week clinic and a March Break camp. He rated both 2 million out of 10."

"What I love about the hit house is; it's not about baseball skills specifically - it's about growth, development, leadership, pushing, striving and reaching goals. It's the fact my 8 year old has young coaches whom are fun, cool and incredibly positive role models - it's more than baseball."



Indoor Training Facility
100 Crimea Street
Guelph, ON

Why off-season extra work matters?

Skip the off-season work, and your athlete risks starting the season trying to catch up to the players who used it to get ahead



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CLINIC HISTORY.

**TOP RATED OFF SEASON PROGRAMS for 17 Years Running | Over 3,000 Athletes Attended |
670+ 5-Star Reviews**

Alumni Highlights: 65+ NCAA Alumni | 10+ MLB & Canadian National Team Alumni

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