

HITHOUSE OFF SEASON SOFTBALL 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

SOFTBALL 13U

HITTING CLINIC

Thursdays | 5:00-6:00 PM

THE PROBLEM:

Young hitters often develop a swing that works against predictable practice pitching but breaks down when timing and location change.

WHAT TO EXPECT:

- **Stance and setup:** Build a balanced, repeatable starting position.
- **Load and launch:** Develop a controlled move into a strong hitting position.
- **Lower-half sequencing:** Use the body efficiently instead of relying predominantly on the arms.
- **Barrel path:** Improve how the bat moves through the hitting zone.
- **Timing and adjustability:** Train against moving pitches and changing locations.
- **THE RETURN:** A more confident hitter with a repeatable swing and a clearer process for making adjustments.

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

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

\$249 FOR 1st CLINIC REGISTRATION

|

\$199 FOR 2+ CLINIC REGISTRATIONS

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

CLICK TO REGISTER FOR CLINICS

SOFTBALL 13U

DEFENSE CLINIC

Thursdays | 6:15-7:15 PM

THE PROBLEM:

The softball field gives defenders less time. Poor first steps and inefficient footwork quickly become missed outs.

WHAT TO EXPECT:

- **Ready position and first step:** React earlier and move with purpose.
- **Angles:** Create better routes to balls instead of chasing them.
- **Footwork:** Approach, field and move through the ball efficiently.
- **Glove position:** Improve presentation, forehand/backhand work and handling different hops.
- **Transfers:** Move from glove to throwing position with fewer wasted steps.
- **THE RETURN:** Better range, cleaner execution and more confidence when the game speeds up.

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

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

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\$199 FOR 2+ CLINIC REGISTRATIONS

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

CLICK TO REGISTER FOR CLINICS

SOFTBALL 13U

SPEED & AGILITY CLINICS

Thursdays | 7:30-8:30 PM

THE PROBLEM:

Softball requires explosive movement over short distances - not simply straight-line running.

WHAT TO EXPECT:

- **First-step acceleration:** Improve starts for base running and defense. · **Running mechanics:** Improve efficiency and force application.
- **Lateral quickness:** Build defensive range.
- **Deceleration:** Control the body before changing direction.
- **Change of direction:** Improve planting and re-acceleration for game-specific movement.
- **THE RETURN:** A quicker first step and more explosive, controlled movement that translates directly to the field.

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

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

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SOFTBALL 13U

PITCHING CLINICS

Saturdays | 10:00 am - Noon

THE PROBLEM:

Pitchers can throw hundreds of pitches without understanding why location, movement or mechanics are inconsistent.

WHAT TO EXPECT:

- **Setup and rhythm:** Establish a more repeatable delivery.
- **Lower-body drive:** Improve use of the ground.
- **Direction:** Develop better movement toward the target.
- **Arm-circle timing:** Improve timing and release consistency.
- **Command:** Connect mechanics to repeatability and location.
- **THE RETURN:** More intentional pitching practice where athletes understand the movement they are trying to repeat.

4 WEEK CLINIC DATES: SEPT 19, OCT 17, NOV 21, DEC 12

\$449.00 plus HST

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

CLICK TO REGISTER FOR CLINICS

SOFTBALL 14+

HITTING CLINIC

Fridays | 5:30-6:30 PM

THE PROBLEM:

Higher-level pitching exposes inefficient swings. Hitters need more than volume - they need adjustability.

WHAT TO EXPECT:

- **Setup, rhythm and load:** Refine the starting sequence to improve timing.
- **Separation and sequencing:** Improve how the body transfers energy through the swing.
- **Barrel path:** Create a more efficient path through the hitting zone.
- **Barrel accuracy:** Improve execution against different pitch locations.
- **Adjustability:** Train speed and location changes instead of repeating identical batting-practice swings.
- **THE RETURN:** A more adaptable hitter whose mechanics hold up when the pitching gets better.

4 WEEK OCTOBER CLINIC DATES: OCTOBER 9, 16, 23, 30

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

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SOFTBALL 14+

DEFENSE CLINIC

Fridays | 4:15-5:15 PM

THE PROBLEM:

At 14+, routine mechanics aren't enough. Faster runners and harder contact punish inefficient movement.

WHAT TO EXPECT:

- **Pre-pitch preparation:** Improve readiness and first-step reads.
- **Angles:** Create more efficient routes to the ball.
- **Footwork:** Refine movement through different fielding situations.
- **Advanced glove work:** Develop forehand, backhand and short-hop execution.
- **Transfers and release:** Speed up throwing footwork and release.
- **THE RETURN:** More range, faster execution and a defender better equipped for higher-level softball.

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SOFTBALL 14+

PITCHING CLINICS

Saturdays | 12:30 pm - 2:30 pm

THE PROBLEM:

At 14+, simply throwing more pitches can reinforce the exact mechanical inconsistencies limiting command and effectiveness.

WHAT TO EXPECT:

- **Delivery consistency:** Identify where timing breaks down.
- **Lower-body drive:** Improve force transfer.
- **Direction and posture:** Refine movement throughout the delivery.
- **Arm-circle timing:** Improve release consistency.
- **Command and execution:** Connect mechanical adjustments to repeatability.
- **THE RETURN:** A pitcher who understands why a pitch misses and has a process for making the next rep better.

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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

[CLICK TO REGISTER FOR CLINICS](#)

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

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.”



[READ MORE REVIEWS](#)



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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