



## Softball

**St. Cloud State University  
2006 Softball Clinics  
January 15, 22, & 29**

Husky Stadium Dome – SCSU Campus  
(parking available in M-Lot of Halenbeck Hall)  
720 4<sup>th</sup> Avenue South  
St. Cloud, MN 56301

### **Fundamental Hitting and Defense Clinics**

January 15, 22, & 29

11:00 a.m. – 12:30 p.m.

Cost: \$25 per session or \$65 for all three sessions

#### **Fundamental Session Topics to Include:**

- Hitting: Fundamentals of hitting. Including stance, balance, trigger, and upper and lower body mechanics.
- Base running/Sliding: Fundamentals of running and strategies for base running.
- Fielding: Fundamentals of defensive positions. Defensive drills, glove drills, throwing drills, and footwork.
- Position play: Strategies and techniques for individual positions.
- Short game: Fundamentals of bunting, slapping, and drag bunts.

This clinic is a continuous, progressive clinic. Each clinic will introduce new material and drills to develop the fastpitch softball athlete.

For more information  
Contact Head Coach Paula U'Ren at:  
[pjuren@stcloudstate.edu](mailto:pjuren@stcloudstate.edu) or 320-308-2900

**Please Note:** There is a pitching session available January 15, 22, & 29 at 1:00 – 3:00 p.m. in the SCSU Field house. Please visit the Husky Softball website for more details.

