

Lil Sluggers

Classes Offered at Multiple Locations Throughout Nassau and Suffolk



Baseball for Ages 2-5

Call or visit our website for class locations and schedules

www.lilsluggerslongisland.com

631-367-9378

Check out our other sports programs:



www.hoopstertotslongisland.com

www.soccertotslongisland.com

Program Overview

Lil Sluggers is a national child development program that introduces children ages 2-5 to the game of baseball. Lil Sluggers classes develop important baseball skills such as throwing, catching, hitting and base running. Developmentally appropriate equipment and games are used to teach kids the game in a fun, exciting and positive environment!

- Maximum 6:1 student instructor ratio
- All classes held indoors
- No obligation trial classes
- Make up classes available
- Private group classes available
- Professionally designed curriculum

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**Weekly Indoor
Baseball Classes
For Ages 2-5**



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Class Descriptions

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2 Year Olds - **Mascots** (parent/caregiver participation)

The Mascots curriculum is designed to have the children begin their baseball experience in a fun environment that also introduces simple basics of the game.

Objectives:

- Simple Base running and recognition
- Hitting: How to hold the bat and make contact off a tee
- Throwing with an overhand motion
- Fielding : emphasis on using 2 hands
- Fitness and Agility
- Introduction to social skills such as taking turns and following directions

3 Year Olds - **Minors** (parent/caregiver participation as needed)

The Minors Curriculum is designed to have the children continue their baseball experience in a fun environment that also reinforces the fundamentals of the game.

Objectives:

- Simple base running and recognition
- Hitting: Proper stance, level swing with contact off a tee, introduction of coach pitch
- Throwing: Learning the proper motion...point, step, and throw
- Fielding: Use of 2 hands and staying in front of the ball
- Improved hand/eye coordination
- Fitness and agility
- Understanding basic game situations, such as throwing a runner out at first base
- Advancement of social skills such as following instructions, taking turns + teamwork

4 Year Olds - **Majors**

The Majors curriculum expands on the skills learned in the 3 year old program, with slightly more technical instruction and game situations.

Objectives:

- Proper base running and sliding technique
- Hitting: Focus on proper stance, level swing with follow through off a tee and coach pitching
- Throwing: point, step, and throw with proper motion for distance and accuracy
- Fielding: Emphasis on using 2 hands and staying in front of the ball, catching pop-ups
- Learning offensive and defensive game situations
- Fitness and agility

5 Year Olds - **Hall of Famers**

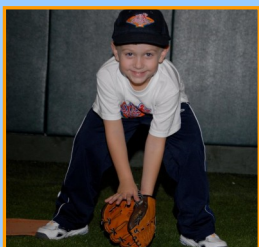
The Hall of Famers curriculum is designed for children to continue their improvement of fundamental skills and preparation for the next level of participation, organized tee ball.

Objectives:

- Base recognition and proper base running technique
- Five steps of hitting including full swing and hip rotation
- Correct throwing mechanics with an emphasis on accuracy and distance
- Proper fielding technique, introduction of using a baseball glove for catching ground balls, line drives and pop-ups
- Game situations and teamwork
- Fitness and agility

5 Year Olds - **T-Ball League** **NEW!**

Lil Sluggers T-Ball league stresses baseball fundamentals through the use of fun drills. Each class will teach baseball skills and be followed by game play. The use of baseball gloves, T-ball bats and helmets will prepare your child for outdoor T-ball play.



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