

## **Shelbi Jones – Softball**

Shelbi was a competitive softball player beginning at a young age that carried on throughout her high school and collegiate career. Playing for Elite Gold teams & being chosen to represent the State of Texas for the Junior USA Worlds team in Hawaii, she gained experience in being a well-rounded utility player. After a successful high school career where she was 4 year- varsity first team all-district, Shelbi was offered D1 & D2 scholarships; she chose to play collegiate softball for Northeast Texas CC. Shelbi specializes in building a foundation and program for each individual to help facilitate her clients' fullest potential.

### Key Skills:

#### Hitting:

- Fundamentals of Power hitting
- Slapping / drag bunting
- Around the back drag
- Drills for hitting

#### Pitching:

- Grip / hand placement
- Fundamental of multiple pitching
- Execution of pitch
- Warm up / Drills

#### Catching:

- Set up of location of plate
- Framing
- Pitch calls
- Throw down execution