

Private Pitching Instruction



Instructor:
Teri Green

Bio: Teri has 22 years of pitching experience and in 2000 was selected to play on a US Athletes Elite Softball team that traveled to Germany to tour the country playing against teams from Germany, France, Czech Republic, Italy, and Spain.

As a former player for Carthage College (Kenosha, WI), Teri earned 3 First Team All-Conference Honors, 2 MVP honors, and was voted to the NCAA Division III All-Regional Tournament Team, and earned NCAA Division III All-Regional honors. Teri graduated holding career and season records which included strikeouts, ERA, Wins, shutouts, and complete games. She is still ranked in the top 3 amongst Carthage leaders and is a 2009 Carthage Athletic Hall of Fame inductee.

High School honors include 3 All-Conference Honors (1st and 2nd team, honorable mention), 3 1st Team All-District Honors, 3 All-Regional Honors (2nd and 1st Team), 3 1st Team All-Area Honors and received Honorable Mention All-State as a senior. She helped lead her team to its only two trips to the State tournament in school history with a State Runner up Finish in 1995.



Fastpitch Softball

Her pitching background comes from a long line of successful coaches. She first learned through camps at the University of Michigan taught by Carol Hutchins (2005 NCAA Division I National Champions), and continued on with Dick Collard (Waterford, MI) who was recently inducted into the ASA (Amateur Softball Association of America) Coaches Hall of Fame and the MHSAA Coaches hall of Fame.

What you will learn: Proper technique and mechanics. Pitching involves a solid wrist snap, leg strength, stamina, and hip movement in order to obtain velocity and accuracy. Teri starts with the basic mechanics involved to achieve success on the mound.

Good technique will lead to the ability to learn the various pitches that are used at the High School and Collegiate levels.

Through progression, Teri will teach the different pitches based on the pitchers ability and skill.

Pitchers will also learn drills, exercises and conditioning techniques to help build muscle strength to prevent injury.

Instruction Fee: Private instruction can be set up for by calling Coach Green at 414-333-8187 or emailing her at terigrn10@yahoo.com.