



2016 Event Information

Event Partners

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<p>Wilson</p>	<p>The Coaches Insider</p>	<p>LUX BOND & GREEN <small>JEWELRY WATCHES GIFTS • SINCE 1898</small></p>



January 2016

Dear Coach,

We are excited to welcome you as we celebrate our 13th year of the *Mohegan Sun World Baseball Coaches' Convention*. Beginning with the first clinic in 2004, our mission has been to provide you with the very best in coaching education.

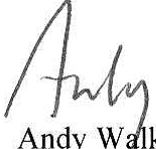
We want this convention to be something special and we have spent considerable time securing the best clinicians and designing a curriculum that addresses all levels of play and a range of coaching areas. Each year, we seek to improve your clinic experience. This year, we are working to offer you access to video of select clinic sessions after the event, so that you can refresh your memory or watch sessions you may have missed. Stay tuned for more information on this exciting development. Also, in an effort to provide you with convention information in the most convenient way possible, we will again offer an event app this year, which will provide you with the clinic schedule, presenter biographies, a list of exhibitors, and more.

We believe our convention is more than just three days of coaching instruction; it is a chance to exchange ideas and learn from each other. Our convention staff, exhibitors and guest speakers will be available to you throughout the clinic. Please don't hesitate to introduce yourself, ask a question or provide your own perspective on the game.

A special thanks goes to the staff and management of the Mohegan Sun - our title sponsor - who have welcomed us and allowed us to use their outstanding facilities and amenities. We also thank our other sponsors for their important support, including: **Extra Innings, Rawlings, On Deck Sports, Traveling Teams, Wilson Sporting Goods, Baseball America, Lux Bond & Green, Jaypro Sports, The Coaches Insider, New England Baseball Journal, and Geno's Fastbreak Restaurant**. We have a terrific group of exhibitors this year and we encourage you to visit them in the Mohegan Sun Convention Center during the event and patronize them throughout the year.

Enjoy the clinic and please take the time during and after this weekend to let us know your thoughts on improving next year's *Mohegan Sun World Baseball Coaches' Convention*. We wish you all the best with your upcoming season and look forward to seeing you in January 2017!

Yours in baseball and coaching,


Andy Walker


Roger LaFrancois


Pete Walker


Paul Sturges


Rick Orluk

P.S.: Become a World Baseball Facebook fan and get clinic updates throughout the year.

www.BaseballCoachesClinic.com

WORLD BASEBALL EVENT SCHEDULE

Thursday, January 21, 2016:



Session Times	Room	2016 Speaker	2016 Topic
4:30pm - 9:00pm	GENERAL EVENT REGISTRATION Convention Center Pre-Function Area		
6:15pm - 7:00pm	Break-Out #1	Justin Blood	The Pitching Book of Logic: Philosophies, Drills & Routines
	Break-Out #2	Darren Fenster	The Double Play: It's OK If We Don't Turn Two
	Break-Out #3	Nick Derba	Hitting Drills to Develop Players of Every Level
	Extra Innings Batting Cage	RAWLINGS BAT DEMO	RAWLINGS BAT DEMO
7:15pm - 8:00pm	Break-Out #1	Tim Leiper	Coaching the Bases
	Break-Out #2	Jim Penders	Catching: The Block, Throw Stance, & All That Comes With It
	Break-Out #3	Matt Noone	Inside the Big League Batting Cage: Bring Major League Preparation to Your Program/Practice
	Extra Innings Batting Cage	EXTRA INNINGS PRODUCT REVIEW	EXTRA INNINGS PRODUCT REVIEW
8:15pm - 9:00pm	Break-Out #1	Darren Fenster	Clutch Starts in the Cage: A Study of David Ortiz
	Break-Out #2	Jake Boss, Jr.	Organizing an Efficient, Championship Practice
	Break-Out #3	Justin Blood	Translating Power & Agility Movements Into Pitching (Video Demos)
	Extra Innings Batting Cage	Nick Ahmed with Mike Ahmed	Prepare Like a Major League Infielder: LIVE DEMO
9:15pm - 10:00pm	Break-Out #1	Tim Leiper, Scott Stricklin, Nick Ahmed & Jim Penders	3 Left Turns = A Run: Base Running Keys to Manufacture Runs
	Break-Out #2	Ace Adams	Timing of the Delivery: What the Good Pitchers Do
	Break-Out #3	Rich Marazzi	The Difference Maker: Winning Games through RULEBALL!
	Extra Innings Batting Cage	Nick Derba & Conor Burke	Drills to Make Your Players Better Bunters

Outlines for certain sessions may not be included in this package.

Program, topics and presenters are subject to change. Attendees must wear their event credentials at all times to access the event.

No videotaping of event sessions is allowed.

SAVE 15% AT GENO'S FASTBREAK RESTAURANT: Hungry?

Geno's Fastbreak is offering 15% off all food & beverage purchases for baseball clinic attendees wearing their credentials. Geno's is located just outside the Convention Center on the 1st floor.



COMPLIMENTARY COFFEE FOR ATTENDEES & EXHIBITORS: On Friday morning, complimentary coffee will be served from 7:30AM – 8:30AM in the Mohegan Sun Convention Center's Pre-Function Area while supplies last.

www.BaseballCoachesClinic.com

WORLD BASEBALL EVENT SCHEDULE



Friday, January 22, 2016:

<i>Session Times</i>	<i>Room</i>	<i>2016 Speaker</i>	<i>2016 Topic</i>
7:45am – 12:00pm	GENERAL EVENT REGISTRATION Convention Center Pre-Function Area		
8:15am - 9:00am	Break-Out #1	Steve Trimper	Drive for Greatness: Building Leadership For Your Team or Organization
	Extra Innings Batting Cage	MIZUNO BAT DEMO	MIZUNO BAT DEMO
9:15am - 10:00am	Break-Out #1	Scott Stricklin	Designing a Practice That Prepares Your Players for Game Time
	Break-Out #2	Seth Moir	Pitching vs. Training – Process and Competition vs. Strength and Mechanics
	Break-Out #3	Mike Leonard	Developing A Better Throwing Catcher
	Extra Innings Batting Cage	Bob Stanley	Pitching Demo: Drills for Low Risk Delivery
10:15am - 11:00am	Break-Out #1	Tim Leiper	The Keys to Becoming an MLB Outfielder
	Break-Out #2	Justin Blood	Improving the Baseball IQ of the Modern Player
	Break-Out #3	Rachel Balkovec	The Myth of Sports Specific Training: Overuse Injuries are Injuries of Specialists. Diversify to Protect
	Extra Innings Batting Cage	Dan Kennedy	Hitting Drills: Prepare to Hit Live Properly
11:15am - 12:00pm	Break-Out #1	Jake Boss, Jr.	Aggressive Offensive Plan from Mechanics to Approach
	Break-Out #2	Ace Adams & Rich Hill	Pathway to Pitching Success: An Interactive Session
	Break-Out #3	Jayson King	Little Things That Win: Cut-Offs, Relays...
	Extra Innings Batting Cage	Rachel Balkovec	The O-Word: Why It's Important to Teach Olympic Lifting to Your High School Athletes and How to Teach It Well (DEMO)
11:15am - 1:15pm	Nehantic/Pequot/Paugusset Rooms	NEIBA Annual Meeting	
12:00 pm - 1:15 pm	EXHIBITOR TIME/LUNCH BREAK		
12:00pm - 12:30pm	Break-Out #3	Travel/AAU Coaches Scheduling Drop-In (Open to all Travel Coaches - Meet Other Coaches & Schedule Games)	
	Extra Innings Batting Cage	LOUISVILLE SLUGGER BAT DEMO	LOUISVILLE SLUGGER BAT DEMO
12:30pm - 1:10pm	Extra Innings Batting Cage	EASTON BAT DEMO	EASTON BAT DEMO
1:15pm - 2:00pm	Break-Out #1	Steve Trimper	Developing A Quality Pitching Staff
	Break-Out #2	Scott Stricklin	Hitting Activities The Georgia Way
	Break-Out #3	Joe Brown	Stop the Noise: Creating a Culture of Mental Toughness in Your Baseball Program (Part 1)
	Extra Innings Batting Cage	Jayson King	Making the Best Use of Your Indoor Time

WORLD BASEBALL EVENT SCHEDULE



Friday, January 22, 2016 (Continued):

Session Times	Room	2016 Speaker	2016 Topic
2:15pm - 3:00pm	Break-Out #1	Nick Ahmed with Mike Ahmed	Making the Game Slow Down: Infield Play and Game Savvy
	Break-Out #2	Seth Moir	UCLA Throwing Program: Catch Play with Intent
	Break-Out #3	Joe Brown	Stop the Noise: The Game Knows - Practical Application of Creating the Toughest Group (Mental & Physical) of Baseball Players (Part 2)
	Extra Innings Batting Cage	DEMARINI BAT DEMO	DEMARINI BAT DEMO
3:15pm - 4:00pm	Break-Out #1	Bobby Tewksbary & Chris Colabello	Intro to Elite Swing Mechanics
	Break-Out #2	Jake Boss, Jr.	Make the Routine Play Routinely: Double Plays, Feeds & Covering the Bases
	Break-Out #3	Steve Trimper	Defensive Drills Every Pitcher Should Practice
	Extra Innings Batting Cage	Alex Trezza	The Hierarchy of Catching: (Receiving/Blocking/Throwing) - DEMO
4:15pm - 5:15pm	Break-Out #1	Bobby Tewksbary & Chris Colabello	Developing Better Swing Mechanics with Your Hitters: Drills & Exercises
	Break-Out #2	Jared Holowaty	Offensive Team Development
	Break-Out #3	Rachel Balkovec	Sports Nutrition 101: It's Not About Over-Training, It's About Under-Recovering
	Extra Innings Batting Cage	Greg Sullivan	Base Running Demo (Leads, Reads & Angles)
4:30pm - 5:30pm	Exhibitor Zone	Coaches and Players Meet Nick Ahmed & Marcus Stroman	
5:15pm - 5:45pm	EXHIBITOR TIME		
	Extra Innings Batting Cage	MARUCCI BAT DEMO	MARUCCI BAT DEMO
5:45pm - 7:00pm	Break-Out #1	TALKING BASEBALL	TALKING BASEBALL featuring Marcus Stroman, Nick Ahmed, Chris Colabello, & Rich Hill moderated by ESPN Baseball Analyst Jessica Mendoza

Outlines for certain sessions may not be included in this package.

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No videotaping of event sessions is allowed.

Carry the World Baseball Coaches' Convention with you at all times! Our app has everything you need to enhance your convention experience, including a full schedule, floor plan, presenter bios, and more!

WORLD BASEBALL EVENT SCHEDULE



Saturday, January 23, 2016:

Meeting Location Note: All Saturday morning baseball sessions will take place in the Upper Level Meeting Rooms of the Convention Center.

Session Times	Room	2016 Speaker	2016 Topic
7:15 am – 9:30 am	GENERAL EVENT REGISTRATION Convention Center Pre-Function Area		
8:30am - 9:15am	Nehantic/Pequot/ Paugusset Rooms	Scott Stricklin	Base Running. Don't Forget It!
	Abenaki Room	Greg Sullivan	Outfield Play: The Last Line of Defense
	Shinnecock/ Nipmuc Rooms	Jayson King	Infield Play: The Corners
9:30am - 10:15am	Nehantic/Pequot/ Paugusset Rooms	Josh MacDonald	The Competitive Pitcher
	Abenaki Room	Mike Leonard	Team Leadership Matters
	Shinnecock/ Nipmuc Rooms	Dan Kennedy	Batting Practice Done Right and Pre-At Bat Presentation
10:30am - 11:15am	Nehantic/Pequot/ Paugusset Rooms	Seth Moir	What It Takes To Be A Successful College Pitcher
	Abenaki Room	Jared Holowaty	Creating Fluid Team Defense
	Shinnecock/ Nipmuc Rooms	Alex Trezza	The Prepared Catcher: Stances, Setup, Controlling the Running Game, Pitcher-Catcher Relationship & Game Awareness
11:30am - 12:15pm	Nehantic/Pequot/ Paugusset Rooms	Chris Colabello	Become A Complete Hitter: Own Your Identity
	Abenaki Room	Greg Sullivan	Recruiting Discussion: Learn What You Need to Know
	Shinnecock/ Nipmuc Rooms	Josh MacDonald (repeat session)	The Competitive Pitcher

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The event would like to recognize **Jaypro Sports** for providing the bleachers for the Extra Innings Batting Cage sessions. Visit Jaypro's booth to learn more about all their baseball and softball product offerings.



SAVE 15% AT GENO'S FASTBREAK RESTAURANT: Hungry? Geno's Fastbreak is offering 15% off all food & beverage purchases for baseball clinic attendees wearing their credentials. Geno's is located just outside the Convention Center on the 1st floor.



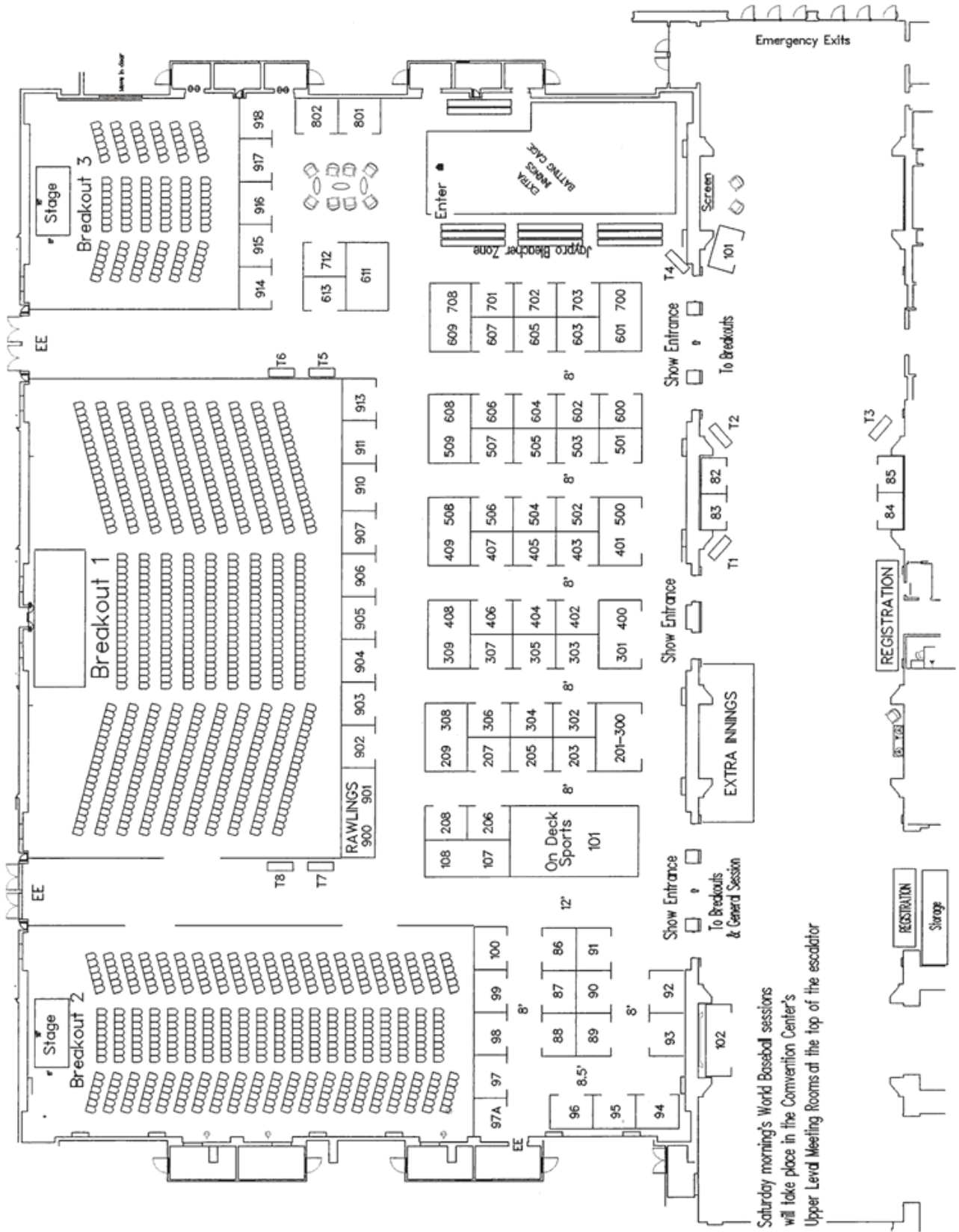
2016 Mohegan Sun World Baseball Coaches' Convention Exhibitor Booth Locations

Company/Exhibitor Name	Exhibitor Booth #	Company/Exhibitor Name (cont.)	Exhibitor Booth #
3D Hittinguru	903	Jaypro Sports	801 & 802
9 Zones Baseball Inc.	904 & 905	Lee County Sports Development	910
Adrenaline Fundraising	607	Lids Team Sports	209 & 308
Advanced Performance Academy	605	M.A.S.A. Inc.	82 & 83
Air Structures American Technologies, Inc.	606	Maplezone Sports Institute	304
Anderson Bat Company	917	Marucci Sports	92
Anthem Sports	911	Mizuno	609 & 708
B45 The Original Yellow Birch Bat Company	603	Motus Global	302
Baseball Heaven Sports Complex	902	Nets of America Inc.	406
BATCO	602	New Balance	94
Batting Cages USA	403	New Britain Bees	T6
Beam Clay/Partac Peat Corporation	84 & 85	New England AAU Baseball	101
BOWNET Sports	913	New England Baseball Journal	95
Bridgeport Bluefish	T8	New England Collegiate Baseball League	94
BSN Sports	914	Next Level Ballplayer	307
CoachTube	803	NFP Sports	407
Connecticut Sportsplex	505	OC Sports	93
Connecticut Tigers	T5	On Deck Sports	101
Cooperstown Bat Company	604	Performance Pitch/Steamer46, LLC	205
CTG Distributors	507	Pukka Inc	303
CustomMiniBats.com	915	Radar Pitching Trainer	206
David Gordon & TeLeR Sales	504	Rawlings	900 & 901
D-Bat Inc.	503	Ripken Baseball	703
Diamond Sports	401	Rob Monte Art	918
Disney Baseball & Softball	613	Schutt Sports	201 & 300
Dream Bat Company	88	SKLZ	501 & 600
E.L. Lumber Co.	506	Spalding	601 & 700
Easton Sports	906 & 907	Sports at the Beach	86 & 91
Energy Bits	208	Sports Tutor	509 & 608
Extra Innings	Pre-Function	SuperEast Baseball	702
Fan Cloth	309 & 408	SwingRite	402
Frank Herzog Photography	97 & 97A	Tewksbary Hitting	89
Franklin Sports	87	The Graphic Edge	409 & 508
Frank's Sport Shop	611	Traveling Teams	107 & 108
Futures Collegiate Baseball League	96	Turface Athletics	90
GloveWhisperer	207	TYRUS Baseball Products	203
Goose Grease	404	UBU Sports, Inc.	916
Grass Roots Inc.	712	Valle Training Gloves	99 & 100
Hartford Yard Goats	T7	Vs. Cancer Foundation	502
HeadWrapz	305	Wilson Sporting Goods	301 & 400
Historic Dodgertown	701	X-Grain Sportswear	98
Holloway Sportswear	500	Zephyr Hats	405
HomeField Sports	306		

We thank you in advance for supporting our clinic exhibitors and encourage you to patronize them throughout the year. You can find a 2016 exhibitor listing on our website at www.BaseballCoachesClinic.com (on the Registered Exhibitor Page) or in the convention app which both include their website address.

2016 Mohegan Sun World Baseball & Softball Coaches' Convention

January 21-23, 2016



SESSION: Thursday, January 21, 2016, 6:15PM – 7:00PM: Breakout #1
TOPIC: *The Pitching Book of Logic: Philosophies, Drills & Routines*
PRESENTER: Justin Blood, Head Coach, University of Hartford



Calvin Coolidge - Julius Caesar -Tuskahoma McLish

- Skull sessions and hotel lobbies
 - Velocity and “Stuff” are overwhelming concern
 - Charting velocity vs. developing feel
 - Watching the game and self-evaluating
 - What are they seeing in others and themselves?
- Energy and Effort with Direction
 - How we work. It’s our craft, hopefully our profession
 - Don’t let good or bad outings affect your routine
 - It might not be your confidence, it may be your concentration
- Philosophies we live by
 - Freedom in your delivery gives you freedom in your thoughts, freedom in your thoughts give you freedom in your delivery
 - Three things we can vary with the baseball. Maintain 2 of 3
 - Velocity
 - Movement
 - Location
 - Stay “Offensive.” Hitter can only take it, swing at it or duck...
 - Use your last pitch
 - **See** the hitter!!!
 - Thinking a pitch ahead
 - On or out in three
 - Two of first three pitches for strikes
 - Creating the type of contact we want
 - Not afraid to give up hits
 - Now you’re pitching with purpose
 - Mechanical check points. To find control you have to know where to look for it
- Identifying Hitters strengths and weaknesses
 - BP results are sometimes a mirage
 - Stance style
 - Base
 - Hands
 - Bat angle
 - Pitch Selection
 - Don’t change just to change

SESSION: Thursday, January 21, 2016, 6:15PM – 7:00PM: Breakout #2
TOPIC: *The Double Play: It's OK If We Don't Turn Two*
PRESENTER: Darren Fenster, Manager, Red Sox Class A Affiliate Greenville Drive



I. A PITCHER'S WORST ENEMY

-Killing Rallies vs. Controlling Damage vs. Creating Chaos

II. ~~HAVE TO GET ONE OUT! MAKE SURE OF ONE OUT!! ONE OUT!!!~~

-Control. The. Damage.

-“It's OK if we don't get two.” “First one first.” “Primer out primero” “Take your time.”

III. THE THREE PARTS OF GETTING TWO OUTS.

A. POSITIONING

-SS/2B must be close enough to get to the base early.

-Everyone is different. Sacrifice range for proximity to 2nd.

B. THE FEED

-Underhand vs. Overhand: Think from the pivot's perspective.

-Uphill vs. Downhill: Throw it from where you field it.

-Be quick, but don't hurry. Play catch.

C. THE PIVOT

-Beat the ball to the base.

-Break feet down, be ready to be an athlete. Anticipate the bad throw.

-Simple two-step. Go get the baseball... with your FEET! Play catch.

IV. IF YOU CAN'T PLAY CATCH, YOU CAN'T PLAY.

-The double play starts before the gates even open.

-Playing catch is the most important fundamental skill of the game.

-Catch – Throw – Catch – Throw – Catch

V. DRILLS

A. FEED/PIVOT PROGRESSION

1. Ball in glove
2. Hand roll/toss
3. Short fungo

B. PYRAMID

1. Routine
2. Forehand
3. Backhand

C. FOUR CORNERS

1. 30'
2. 45'
3. 60'

****IF YOU CANNOT DO IT SLOW, YOU CANNOT DO IT FAST****

Master the technique/footwork first, and the speed can be increased later.

SESSION: Thursday, January 21, 2016, 6:15PM – 7:00PM: Breakout #3
TOPIC: *Hitting Drills to Develop Players of Every Level*
PRESENTER: Nick Derba, Associate Head Coach, University of Maine



I. Introduction

- a. Small number of drills
- b. Focus on quality repetitions
- c. Change in focus as age increases

II. First Age Tier (approx. ages 5-10) 99% mechanics, 1% approach

- a. FUN!!!!!!
- b. Drills
 - i. Mirror Drills
 - ii. Tee Work- intro to randomization
 - iii. Feet together
 - iv. Feet wide
 - v. Side toss, front toss
 - vi. BP
 - vii. Switch hitting
- c. Approach
 - i. If you can hit it, swing

III. Tier Two (approx. ages 11-13) 70% mechanics, 30% approach

- a. Drills
 - i. Mirror Drills
 - ii. One hand drill
 - iii. Feet together
 - iv. Feet wide
 - v. Randomization
 - vi. Switch hitting
 - vii. Intro to breaking balls
- b. Approach
 - i. Timing elements
 - ii. Intro to counts

IV. Tier Three (8th grade-high school) 50% mechanics, 50% approach

- a. Drills
 - i. Mirror Drills
 1. Further understanding of movements
 2. Separation Drill
 3. Switch hitting
 - ii. One hand drill
 - iii. Progression work (feet together, wide base, regular)
 - iv. Rapid fire
 - v. Randomization
 - vi. Switch hitting
 - vii. Machine Work

IV. Tier Three (8th grade-high school) 50% mechanics, 50% approach

- a. Approach
 - i. Situational hitting
 - ii. Teaching BP and how to take it properly
 1. Relating your BP to games
 - iii. Understanding “Why”
 - iv. The process of making the adjustment
 1. Was I on time?
 2. Was it a hittable pitch?
 3. Mechanical adjustment?
 - v. Reinforcing counts
 - vi. Learning how to “sit” on pitches

V. Tier Four (College) 20% Mechanics, 80% approach

- a. Drills
 - i. Creating routine
 - ii. Uniform vocabulary
 - iii. Volume of pitches
- b. Approach
 - i. Tips of pitcher
 - ii. Game plan
 - iii. Situational hitting
 - iv. Watching the game
 - v. Timing
- c. Mental Prep
 - i. Visualization
 - ii. Getting rational

VI. Tier Five (Professional) 5% mechanics, 95% approach

- a. Drills
 - i. Routine
 - ii. See pitches
 - iii. BP with a purpose
- b. Approach
 - i. Film
 - ii. Last 10 games
 - iii. Communication
 - iv. Check your notes!!
- c. Mental Prep
 - i. Visualization techniques
 - ii. Moving on
 - iii. Positive mind!!!

SESSION: Thursday, January 21, 2016, 7:15PM – 8:00PM: Breakout #1
TOPIC: *Coaching the Bases*
PRESENTER: Tim Leiper, First Base Coach, Toronto Blue Jays



Coaching 1st Base

- Be proactive
- Get runner engaged
- Pick up signs
- Make runner aware of situations
- Positioning of fielders
- Gather information
- With runner on 2B

Coaching 3rd Base

- Giving Signs
 - o Simple
 - o Still
 - o Consistent
 - o Cadence
- Positioning
 - o Runner on 1B
 - o Runner on 2B
- Movement

Extra Stuff

- Home Runs
- This is the only time you are seen...Make it look good!

SESSION: Thursday, January 21, 2016, 7:15PM – 8:00PM: Breakout #2
TOPIC: *Catching: The Block, Throw Stance & All That Comes With It*
PRESENTER: Jim Penders, Head Coach, University of Connecticut



Secondary/Block-Throw stance

- Used with man or men on base, or with no men on base and two strikes on batter

#1 duty is to stop and/or change direction of the ball

#2 duty is to make the pitch look as good as possible by receiving the ball softly not just with the glove, but with the whole body

- Finding it naturally
- Origins, and evolution
- Why do we need it
- The hybrid

TARGET

- Not just the glove – four points that must be same height and relative spacing as in primary
 - Shoulders, face, glove
 - Face and eyes – can't be looking out of top of mask
- Target must be as low as it was in primary stance, lean forward, head is same height, butt is higher

STANCE

- Feet parallel and slightly wider than shoulders, toes slightly flared
- Knees are also wide with butt not parallel with knees, butt resting higher than in primary
- Flatter back, more of a lean for balance on middle of foot and low target

UPPER BODY

- Glove arm above left knee, bare hand closed behind glove or behind back (more difficult)
- Target in middle of body with index finger pointed to 1 o'clock (target is always in center of mass)
- Eyes look just over top of glove w/ head erect
- Position is one of greater mobility and anticipation

MENTALITY OF THE STANCE

- No decaf
- Hearing voices and the art of preparedness
- No pain, no gain
- Slow legs maybe, slow feet never

Drills for:

- finding the stance
- blocking, blocking, blocking
- throwing footwork
- throwing transfer and finish
- receiving in the hybrid stance
- fielding the bunt
- pickoff plays
- pitchouts
- the intentional walk

SESSION:

Thursday, January 21, 2016, 7:15PM – 8:00PM: Breakout #3

TOPIC:

Inside the Big League Batting Cage: Bring Major League Preparation to Your Program/Practice

PRESENTER:

Matt Noone, Head Coach, Babson College
& Major League Staff Assistant Boston Red Sox



What have I learned: > What can I share > We can be professional too > How do they practice/prepare:



- Mechanical Check Points
 - Short to the ball
 - Inside the ball
 - On top of the ball

- “Suggestion Box” vs. change a hitter

- How to lay off the strengths of the player rather than “have a right way to hit.”
 - That means players have different routines, needs and work habits

- What do we do in BP?

- Situational Hitting > Can you practice it?

- Drills? Gimmicks? Gadgets?

- Routines

- Video :
 - Ortiz
 - Pedroia
 - Sandoval
 - Bogaerts
 - Holt
 - Gomes

SESSION: Thursday, January 21, 2016, 8:15PM – 9:00PM: Breakout #1
TOPIC: *Clutch Starts in the Cage: A Study of David Ortiz*
PRESENTER: Darren Fenster, Manager, Red Sox Class A Affiliate Greenville Drive



I. .295 AVG 17 HR 60 RBI 51 R 21 2B .409 OBP 82 G

II. WHAT IS CLUTCH?

- It's a very real thing, despite the inability of numbers crunchers to measure it.
- The ability to get a job done under pressure, not just with the game on the line.
- Stay calm to enable your best focus and highest level of competitiveness.

III. HITTING VS. SWINGING

- Swinging is an exercise... something done to get loose.
- Hitting is swinging with a purpose and a plan.
- The head is not just a hat rack.

IV. GAME TIME: TOOLS VS. SKILLS

- Turning God-given talent into game-changing ability.
- You don't have to be in a game to be in the game.
- There is no greater teacher than experience.

V. COMPETE!

- Talent is worthless without a competitive drive.
- Be your own opponent. Challenge your teammates.
- The result of competing against yourself/one another?

VI. CAN YOU TEACH CLUTCH?

- Pressurize practice.
- Play for something... ANYTHING.
- It's about the environment, not the event.

SESSION: Thursday, January 21, 2016, 8:15PM – 9:00PM: Breakout #2
TOPIC: *Organizing an Efficient, Championship Practice*
PRESENTER: Jake Boss Jr, Head Coach, Michigan State University



1. Be organized and prepare!

- a. Practice plans
 - i. Be a few days ahead and revise if you need to
 - ii. Be detailed down to the minute – no wasted time, use managers
 - iii. Save them all
- b. Fast paced with a purpose – get our work done
- c. Use team leaders to help lead practice (pre and post practice)

2. Daily team and individual offense and defense

- a. Baserunning before stretch
 - i. Base by base
 - ii. 4 corner base running drill
- b. Individual position specific
 - i. Use daily checklists for defense
 - ii. Use your team leaders to lead their groups
- c. Team defense
 - i. Cuts and relays
 - ii. PFP and situational defense
 - iii. Drill series
- d. Individual and team offense
 - i. 1st/3rd
 - ii. Live base stealing vs pitcher
 - iii. Executing short game daily
 - iv. Vary batting practice routines
 - v. Live daily

SESSION: Thursday, January 21, 2016, 8:15PM – 9:00PM: Breakout #3
TOPIC: *Translating Power & Agility Movements Into Pitching (Video Demos)*
PRESENTER: Justin Blood, Head Coach, University of Hartford



- Be Athletic and Explosive
 - All starts with positioning and awareness
 - Feet
 - Have a base/foundation
 - Inside of foot

- Ladders
 - Slalom
 - Salsa
 - Ickey Shuffle
 - Hip Poppers (front)
 - 20-30 sec intervals
 - Hip Poppers (side)
 - 15 sec intervals

- Cone Drills
 - 5-10-5
 - Around the world
 - Hops and Bursts
 - Front to back
 - Side to side

- Plyos
 - Power Skips
 - Karaoke speed and power
 - Speed and Power Skaters
 - Jump Rope load
 - Stride Leg
 - Post Leg

- Med Ball Drills (Remember your Base!!)
 - Backhand/Forehand
 - Stride Throw
 - Med Ball Shot Put
 - Over the Back Throw
 - Forward through the Legs
 - Squat Throw

- A position to **Allow** us to be and a **Desire** to be explosive
 - What we see in catch and on the mound
 - Kyle Gauthier and Billy DeVito comp

SESSION: Thursday, January 21, 2016, 9:15PM – 10:00PM: Breakout #1
TOPIC: *3 Left Turns = A Run: Baserunning Keys to Manufacture Runs*
PRESENTER: Tim Leiper, Scott Stricklin, Nick Ahmed & Jim Penders

Session Notes:

SESSION: Thursday, January 21, 2016, 9:15PM – 10:00PM: Breakout #2
TOPIC: *Timing of the Delivery: What the Good Pitchers Do*
PRESENTER: Ace Adams, Pitching Coach, Connecticut Tigers



- The Rocker Step
- Tap and Pivot
- Hips move away from rubber for momentum
- Catch leg lift (No counter rotation)
- Head position, inside pivot
- Shoulder and hip tilted
- Hip and Shoulder separation
- Rotate middle of body into glove
- Pronate early for arm health
- Landing, heel to toe/toe to heal
- Finish

SESSION: Thursday, January 21, 2016, 9:15PM – 10:00PM: Breakout #3
TOPIC: *The Difference Maker: Winning Games through RULEBALL!*
PRESENTER: Rich Marazzi, MLB Rules Consultant, Royals, Blue Jays, Yankees and more

- A. Understanding the Obstruction Rule
 - a. The danger traps to be aware of (create the proper awareness)
 - b. Avoiding obstruction in the rundown
 - c. Handling the rundown effectively by rule both offensively and defensively
- B. Appeal Plays
 - a. Keep continuous action
 - b. Verbal vs. conventional
 - c. Order of appeals (keep the force alive)
- C. Expand Your Running Game Through **Ruleball**
 - a. Understanding the Baseline Rule: The Best Kept Secret in Baseball
 - b. Runner creates own baseline
 - c. Run at the target going from first to second
 - d. Run at the target going from third to Home
- D. Runner Interference
 - a. Right of way
 - b. Different types
 - c. When runner is not out when hit by batted ball
- E. Two Runners on the Same Base
 - a. Prevention
 - b. Who has the right to the base
 - c. Handling the double tag with two runners on same base
- F. Batter-Runner Interference
 - a. Derivation of the runner's box the last 45-feet between home and first base
 - b. Fielder "taking" the throw is protected
 - c. The Batter-Runner's Rights and Restrictions

SESSION: Friday, January 22, 2016, 8:15AM – 9:00AM: Breakout #1
TOPIC: *Drive for Greatness: Building Leadership For Your Team or Organization*
PRESENTER: Steve Trimper, Head Coach, University of Maine

Create An Atmosphere That Allows Employees/Athletes To Be Successful

- 1. Attitude: People Will Follow, It Is Contagious**
- 2. Energy: What Is Real Energy?**
- 3. Positive Thinking and Building Confidence: Be A Little “Crazy”**
- 4. Focus: It’s A Learned Trait**
- 5. Vision: Don’t Worry About Goals, Work On Visions**
- 6. Leadership: Get Everyone Involved**
- 7. Image: What Is Your Image?**
- 8. Adversity And Failures: The Gift You Are Given**
- 9. Preparation Vs. Pressure**
- 10. Responsibility**
- 11. Mentality: Winning Vs. Losing Mentality**
- 12. Success: What Is It Really About**
- 13. Motivation**



SESSION: Friday, January 22, 2016, 9:15AM – 10:00AM: Breakout #1
TOPIC: *Designing a Practice That Prepares Your Players for Game Time*
PRESENTER: Scott Stricklin, Head Coach, University of Georgia



Stretch with a Purpose: This is a time to get your mind right for the practice ahead. It shouldn't be a social gathering.

Base Running: This is the most over-looked and under practiced part of our game. Touch on something new every day before you throw.

Throwing Program: Pitchers and position players are different. Split them up and be specific. Progression throwing for 10 minutes daily. Work on fundamentals and arm strength.

Team Defense: Cover all aspects of team defense. Chalk it/walk it/run it!

Batting Practice: Small groups that stay active the entire BP. Get your work done at each station.

Live BP: "Two Pitch" or "Live Ground Balls" creates game like situations.

Intra-Squad: Create situations and encourage tempo!

SESSION: Friday, January 22, 2016, 9:15AM – 10:00AM: Breakout #2
TOPIC: *Pitching vs. Training: Process and Competition vs. Strength and Mechanics*
PRESENTER: Seth Moir, Director of Baseball Operations, UCLA



Training – Controlling what you can control

Weights

- Pitcher specific lifting
- Know what you are trying to accomplish

Yoga

- Hip Mobility, Core Strength and Recovery

Running

- Role and related running

PFP

- Importance of fielding your position
- Picks

Signs

- Controlling the tempo of the game

Activation

- No stretching before practice
- Stretching takes place after your workout

Band work

- Warming up before you warm up

Weighted Balls

- Arm mapping vs. velocity

Pitching: Process and Competition

Catch Play

- Pitcher's Catch Play
- Having a plan - schedule

Bullpens

- Schedule
- Bullpen Variations
- Stand-in Hitter

Gameday

- Routines and Timing
 - o Distances in catch play
 - o Dominating the ball
 - o Bullpen

SESSION: Friday, January 22, 2016, 9:15AM – 10:00AM: Breakout #3
TOPIC: *Developing A Better Throwing Catcher*
PRESENTER: Mike Leonard, Head Coach, Bates College



1. Foundations
 - a. **Throwing Program**
 - b. **Situational Throwing Drills**
 - c. **Arm Care/Strength and Conditioning Program**
 - d. **Mindset**

A) Catcher Specific Throwing Program

Goals:

- To improve throwing mechanics
- Increase arm strength
- Maintain a healthy arm
- Improve the ability to make game throws accurately and quickly

Drills – Each drill works a part of the throwing motion. Each drill also allows for work on transfer and throwing footwork for situational throwing.

Wrist flips/Arm Isolation – focus on hand position, grip, and ball rotation

Upper Body Isolation – 1 or 2 knee drill – focus on arm circle

Feet Square to Target – continued focus on arm circle adding in hips

Throwing Position or Power Position – begin to connect upper and lower half

Walking to Target – work on first step, direction, and throwing while moving

Shuffle to Target – directional throwing with athleticism and speed

Long Toss – focus on distance, lengthen arm circle but use legs!

Situational Throws

Throwing Program should be at least 10-15 min.

B) Situational Throws/Drills – live reps for each situation is best way to practice, make game like throws

Bunts – 1st, 2nd, and 3rd base

Pick Off – 1st, 2nd, and 3rd base

Throws back to pitcher – game tempo, sending a message to the pitcher

Steal Attempt – 2nd, 3rd, delay steal, 1st and 3rd situation

Drills for footwork

Drills for exchange

Combo Drills

C) Arm Care/Strength and Conditioning

D) Throwing Mindset

Make every throw with a purpose

Accuracy, Release Quickness, Arm Strength – know your strengths

SESSION: Friday, January 22, 2016, 10:15AM – 11:00AM: Breakout #1
TOPIC: *The Keys to Becoming an MLB Outfielder*
PRESENTER: Tim Leiper, First Base Coach, Toronto Blue Jays



General Outfield Philosophy

- Fly balls get caught
- Defend hard contact...limit damage
- Cut off balls before they get to the wall
- Keep double plays in order

Positioning

- Your philosophy
- Explain where "straight up" is located
- Playing to counts and situations
- CF needs to position on either side of pitcher

What Good Outfielders Do

- Get shoulders and hips turned...great jumps
- Throw ACCURATELY and through cut off men
- Manage their game
- Back up all plays

Setup...

- Athletic
- Movement
- Eyes
- Cover Angles

Throwing on Ground Balls

- Getting to ball....catching
- Getting ball to middle....funnel
- Footwork
- Mechanics

Throwing on Fly Balls

- Getting set up behind ball
- Footwork
- Getting ball to middle of your body....funnel
- Mechanics

Throwing Runners out at 1B

- Enjoy it...it doesn't happen that often!

Outfield Drills

- Playing Catch
 - Mechanics
 - Long Hops
 - Develops Feel
 - In-between innings
- Fly Ball Footwork - to Catch
 - Set up with movement. LET YOUR EYES MOVE YOUR FEET
 - Angles
 - Group and individual
- Line Drive Drill
 - Ready position with movement
 - Creates great first step movement
- Ground Balls – Bases Empty
 - Rounding off with footwork for throws to 2B
 - Reverse pivot, to glove side, with footwork for throws to 2B
- Ground Balls – Men on Base
 - Footwork with throws to 3B and Home Plate
 - Roll balls at first to walk players through mechanics
 - Work at an athletic and rhythmic pace
 - Talk about the "trap" when making throws to 3B
- Fly Ball Footwork – to Throw
 - Start with tossed balls and progress
 - Get players used to setting up behind every ball
- Play Balls off Wall
 - Hard and soft
 - Footwork on throws to the cutoff man
- Sun Balls
- Live BP
 - Play it like a game
 - Nothing recreates game situations better

Outfield Pre-game Routine

- 4 to 5 ground balls, straight
- 8 to 10 ground balls, right to left. Rounding off balls and using reverse pivot to glove side
- 4 to 5 line drives
- 3 to 5 ground balls, with throwing to home plate footwork

SESSION: Friday, January 22, 2016, 10:15AM – 11:00AM: Breakout #2
TOPIC: *Improving the Baseball IQ of the Modern Player*
PRESENTER: Justin Blood, Head Coach, University of Hartford



- Modern Players
 - Train to develop skills and “play” more
 - Don’t play intelligently
 - Do not watch baseball games (Top 10 Plays only)
 - Creating selfish players -- product of system
 - We’re all susceptible to falling into the trap

- How to Combat this?
 - Feeder systems need to make teaching the game a priority
 - Stop expecting the program before you taught the basics

 - Stop being stubborn (Man in the Mirror)
 - Need to change the way we communicate

- How to Re-organize Practice
 - Create the right environment (The Center for Generational Kinetics)
 - Provide specific, visual examples of the performance you want
 - Video, whiteboard, charts and stats

 - Show them every day that it matters. Hold them accountable
 - Bunting during pre-game and BP
 - Make time for **base running** drills
 - Walk-throughs
 - Bunt D
 - Cuts and Relays
 - 1st and 3rd situations

- Create a Huddle/Pre-Snap/Pre-Pitch Culture
 - Communicate vision, provide clarity and demonstrate unity
 - Skull Sessions in short bursts

 - Need to have clear rules of engagement
 - Score, inning, outs and how they influence decisions
 - Offensively and defensively

 - Key words, phrases, “audibles and hot routes”

- Scripting Plays/Situations
 - 27 outs without the anarchy
 - We have time in this game to “huddle” and communicate pre-pitch keys
 - Identify, prioritize, communicate and then make the play

SESSION: Friday, January 22, 2016, 10:15AM – 11:00AM: Breakout #3
TOPIC: *The Myth of Sports Specific Training: Overuse Injuries are Injuries of Specialists. Diversify to Protect*
PRESENTER: Rachel Balkovec, Minor League Strength & Conditioning Coordinator, Houston Astros



1. Rethinking Sport Specific Training

- a. Athletes all do similar fundamental movements
 - i. Run/Sprint
 - ii. Jump/Land
 - iii. Lateral movement/change of direction
 - iv. Rotation (Or rotary stability)

- b. There are only 2 movements that are truly specific to baseball and softball
 - i. Overhead Throwing

 - ii. Rotation

2. Definition and Cause of Overuse Injuries

- a. Cause of Overuse Injury: Dr. James Andrews
 - i. Specialization

 - ii. Professionalism

- b. Definition of Overuse Injury:
 - i. Muscle or joint injury caused by repeated trauma

3. Avoiding Overuse Injuries

- a. We can't play the sport less, so let's change our approach to training

- b. Rethinking sport specific training
 - i. Avoiding repetitive movements

 - ii. Get less specialized

4. Evolution of an Athlete

- a. Adolescent: No pain, no strength, no sport specific training, total mobility

- b. High School: Some pain, low strength, more sport specific training, less mobility

- c. College: Big pain, big strength, lots of sport specific training, no mobility

- d. Adult: Minimal pain, good strength, no sport specific training, great mobility

5. Conclusions for Programming for Baseball to Avoid Overuse Injuries

- a. Diversify: Programming Suggestions and Exercises
 - i. Avoid excessive shoulder, forearm and rotation work in-season

 - ii. Go back to the basics with fundamental athletic movements

 - iii. Use high intensity low volume to avoid overuse

 - iv. Play other sports

SESSION: Friday, January 22, 2016, 11:15AM – 12:00PM: Breakout #1
TOPIC: *Aggressive Offensive Plan from Mechanics to Approach*
PRESENTER: Jake Boss Jr, Head Coach, Michigan State University



I. Mechanics Absolutes

- a. Balanced and Athletic, stay away from “extremes”
- b. Load = “Sooner and Slower”
- c. Hips take hands to ball...or hands lead hips?
- d. Finish = balanced on ball of back foot, against front leg
- e. 2 strike hitting

II. Mind Set

- a. Aggressive = hit early in count. WE ARE IN CONTROL!
- b. Many ways to get to the next base, score, etc
- c. Don't stop running until OF stops you (players responsibility not 1b/3b coach)

III. Pressure

- a. Use stopwatch to gather info on what we can do and how much pressure we can cause
 - 1 1.0 sec on move to 1st, 3.4 sec from flinch to tag at 2b on steal, etc
- b. Baserunning 1st – 2nd
 - 1 Lead Technique
 - 2 Start Technique
- c. Baserunning 2nd-3rd
 - 1 Lead Technique
 - 2 Start Technique
- d. Baserunning 3rd to home
 - 1 Lead Technique
 - 2 Start Technique
- e. 1st/3rd Offense
- f. Short game

SESSION: Friday, January 22, 2016, 11:15AM – 12:00PM: Breakout #2
TOPIC: *Pathway to Pitching Success: An Interactive Session*
PRESENTER: Ace Adams, Pitching Coach, Connecticut Tigers
Rich Hill, Pitcher, Oakland Athletics



- Why Michigan?
- What got you back to the ML?
- What made you so successful this past season?
- What are your keys in your delivery?
- Can you talk about pitchers movements, like motion and momentum.
- Discuss the importance of changing speeds.
- How did you develop the top spin rate in the game today?
- What type of off season program would you advise for young pitchers?
- Do you believe in long toss for a young pitcher?
- Would you advise dropping down in your delivery?
- Biggest influence in baseball and why?
- Why Oakland and not Boston?
- What advice you would give young players and pitchers?

SESSION: Friday, January 22, 2016, 11:15AM – 12:00PM: Breakout #3
TOPIC: *Little Things That Win: Cut-Offs, Relays...*
PRESENTER: Jayson King, Head Coach, Franklin Pierce University



Offense

Bunts

1. Sacrifice – 3B/1B
2. Drag
3. Push
4. Safety
5. Suicide

*Bunt for hits sac situation

*Use of safety squeeze

Defense

Cutoffs

1. OF throws
2. IF relays
3. Tags

Baserunning

1. Tags
2. Dirt ball reads
3. On the go always
4. Throw backs from C

*Thieves

Pickoffs/holding runners

1. Pickoffs
2. 3B to 1B
3. Inside move
4. Slide step

Base stealing

1. Safe 80% of time (2015 FPU 4.17 per gm,
217-259 = 83.7%)
2. Delay
3. Straight
4. 1st move
5. 2B
6. 3B
7. Home
8. 1st and 3rd
9. Pick at 1B

1st and 3rd defense

Can score plays
Can't score plays

Bunt defenses

Plays 1B
Plays 1B/2B
Pickoffs

Handle bat

1. Hit and run
2. Move him
3. Get him in
4. Limit K's

To win

Throw strikes
Defend
Limit big inning
Erase some base runners

SESSION: Friday, January 22, 2016, 1:15PM – 2:00PM: Breakout #1
TOPIC: *Developing A Quality Pitching Staff*
PRESENTER: Steve Trimper, Head Coach, University of Maine



Pre Practice Routine

- Have Practice Plan and Discuss With Staff And Players
- Post It/PowerPoint If Possible
- Don't Waste the First 15 Minutes

Grip of Baseball

- 4 Seam
- Proper Spacing of Fingers and Thumb
- Get Back Spin!

Throwing Progression

- Wrist Drill
- "U" Position
- Arm Circles
- Quick Feet Drill
- Long Toss
- Target and Visual Throwing
- 6-5-4-3-2-1

Improving Location and Command (Drills)

- Target Net Throwing
- Flat Grounds
- Batting Practice
- 60 Foot Vision Throwing

Conditioning and Flexibility

- Band Work
- Change Conditioning Work Outs to Keep It Fresh

Pitching Mechanics and Approach

Control the Running Game

- Right Handed Balk Move
- Left Handed Move
- Pick Offs To 2nd Base

SESSION: Friday, January 22, 2016, 1:15PM – 2:00PM: Breakout #2
TOPIC: *Hitting Activities The Georgia Way*
PRESENTER: Scott Stricklin, Head Coach, University of Georgia



*STAYING INSIDE THE BASEBALL

*INCREASING YOUR BAT SPEED

*SETUP AND STANCE

*TEE WORK

*ONE KNEE

*TOP HAND/BOTTOM HAND

*SOFT TOSS

*BEHIND TOSS

*ANGLE TOSS

*FRONT TOSS

*SITUATIONAL BP

SESSION: Friday, January 22, 2016, 1:15PM – 2:00PM: Breakout #3
TOPIC: *Stop the Noise: Creating a Culture of Mental Toughness in Your Baseball Program (Part 1)*
PRESENTER: Joe Brown, Head Coach, SUNY Cortland



COACHING PHILOSOPHY? HOW IS IT DETERMINED?

- Childhood, Coaches, Mentors, etc.

A. Definition of Mental Toughness? (Jordan, Bird, Jeter)

1. Ability to handle adversity
2. Ability to deal with pressure
3. Ability to control your OWN attitude
4. Ability to control OWN effort
5. Ability to stay in the MOMENT!

You can learn to be mentally tough(er), are you willing to?

Not always about LEADERS, need good followers!

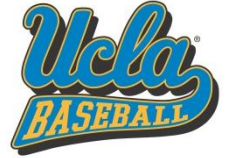
B. Mental Game Plan (it's a choice)

1. Key points on handout (resiliency, comfortable with uncomfortable)

SESSION: Friday, January 22, 2016, 2:15PM – 3:00PM: Breakout #1
TOPIC: *Making the Game Slow Down: Infield Play and Game Savvy*
PRESENTER: Nick Ahmed, Shortstop, Arizona Diamondbacks
Mike Ahmed, Third Baseman, LA Dodgers Class A/Great Lakes Loons

1. Pre-Pitch/Know the Situation
 - Things to Think About and Process
 - Know what to do with the ball if it is hit to me
 - Score, inning, runners on base, speed of baserunners
 - Speed of ball, speed of batter, speed of the other runners
 - Positioning
 - Know the hitter, know your pitcher
 - Default straight up positioning
 - Never be nowhere
2. Catch the Baseball
 - The number one most important thing is to catch the baseball
 - Too often we are anxious to throw the ball before we catch it
3. Making the Throw
 - Grip/Arm Angle
 - Legs are our power source
 - Work towards your target after the throw
4. Act of Fielding
 - Eyes
 - Track the ball all the way into glove (eyes behind ball)
 - See transfer
 - Feet/Legs
 - Intensity of the attack
 - Creating good angles/direction
 - Low to low
 - Gain ground while catching ball
 - Butt down, feet wide, chest and head up
 - Hands
 - Hands go where your eyes go
 - Out front but not fully extended
 - Open glove, good margin for error

SESSION: Friday, January 22, 2016, 2:15PM – 3:00PM: Breakout #2
TOPIC: *UCLA Throwing Program: Catch Play with Intent*
PRESENTER: Seth Moir, Director of Baseball Operations, UCLA



Long Toss - The long toss program at UCLA is done with concentration and purpose.

Release Point Emphasis 45'-90'

Shuffle Feet, remain consistent with fastball release point, keep angle and throw through glove.

- 45' 12-14 throws
- 60' 14-16 throws
- 75' 18-20 throws
- 90' 18-20 throws

Arm Strengthening

Crow hop balance, loose arm, and slight arc

- 110'- 120' 12-14 throws 200' or max distance 10-12 throws

Pull Downs

Crow hop balance, drop hat 15 feet in front of each pitcher, use the front hat for front side direction & the back hat for late release, try to skip the long hop

- 120' and closing

Flat Ground

- 75' shuffle feet into throws 8 of each FB & CH
- 70' in the stretch position, transfer weight onto the front foot then step back transferring weight to pivot/load into balance to deliver the ball- 8 each FB & CH
- 60' Move the FB and incorporate CH.
- 45' Glove Side Angled FB and BB

Long Toss Constants:

- Mental Focus with intent everyday/Physical 70% range
- All 4 seam, good alignments/fingers on top of the ball (over the ball)
- Head over belly button between balls of feet
- Stay on line (Directional)(Linear)
- No head Movement
- No back side dig (no javelin type throws)
- Late release
- Learn to throw with a loose arm
- Ball should travel with slight arc/
- 4-5 days a week
- learn to throw with little effort/ loose grip/ loose arm
- Need a front side/ big muscles
- throwing segment of program should last 27- 30 minutes (not on clock)

SESSION: Friday, January 22, 2016, 2:15PM – 3:00PM: Breakout #3
TOPIC: *Stop the Noise: The Game Knows - Practical Application of Creating the Toughest Group (Mental & Physical) of Baseball Players (Part 2)*
PRESENTER: Joe Brown, Head Coach, SUNY Cortland

Continued session/Part 2:

C. Challenges Facing Coaches (Social Media/overuse injuries)



1. Twitter, Facebook, Instagram, TINDER, texting (coach's role)

D. Integration Into Practices (Specific) Sudden Changes

Goal of coaches for athletes: Take mechanical skills and have them become automatic responses! You get to this through mental training!

1. Situational hitting drills
2. Injury situations during drills (sudden changes)
3. Uniforms/game day/drills
4. Communication (coach speak) all on same page

SESSION: Friday, January 22, 2016, 3:15PM – 4:00PM: Breakout #1
TOPIC: *Intro to Elite Swing Mechanics*
PRESENTER: Bobby Tewksbary, Founder & Instructor, Tewksbary Hitting
Chris Colabello, Outfielder/First Baseman, Toronto Blue Jays

- Introduction
- Goals for Presentation
- What Are We Talking About - The Value of Understanding Mechanics
- What is the barrel doing? (And other important starting topics.)
- Defining Swing Characteristics
- Understanding Cause/Effect of Barrel Movement
- Barrel Movement Caused by Hands/Upper Body
- Lower Body Movement, Sequencing & Weight Shift
- Be on Time Twice: Using Movement to Control Time
- Biggest Coaching Mistakes
- Questions



SESSION:

Friday, January 22, 2016, 3:15PM – 4:00PM: Breakout #2

TOPIC:

Make the Routine Play Routinely: Double Plays, Feeds & Covering the Bases

PRESENTER:

Jake Boss Jr, Head Coach, Michigan State University



I. Absolutes

- a. Feed - Dictated by location and speed of ball
- b. Pivot – Dictated by location of ball, location of feed, and/or IF preference
- c. Get 1 before we get 2
- d. Short feet = quick hands...change direction of ball

II. Feeds

- a. Flip – palm up vs thumb down
- b. Sidearm
- c. Over top

III. Pivots

- a. Be early
- b. Short and quick feet
- c. SS pivot
- d. 2B pivot

IV. Drills

- a. Daily ABC's – exchange & quick hands
- b. 4 corners
- c. Rapid fire pivots (one base vs multiple bases)
- d. Short fungo/roll ball
- e. Machine
- f. Left side dp w/ machine, right side dp w/ machine & 3b slow roller
- g. Rocket DP
- h. Batting Practice

SESSION: Friday, January 22, 2016, 3:15PM – 4:00PM: Breakout #3
TOPIC: *Defensive Drills Every Pitcher Should Practice*
PRESENTER: Steve Trimper, Head Coach, University of Maine

Being an Athlete

- Receiving the baseball
- Improve Hands and Feet
- Glove Drills
- Ladder Drills
- 4 Corner Box



Understanding Different Arm Circles as a Pitcher

- Pitching Delivery
- Pickoffs
- Fielding your Position

Square Drill for Pitchers

Responsibilities of a Pitcher

- Covering First Base
- Fielding the Ground Ball
- Backing up Bases
- Run Downs
- Managing the Running Game: Live Look Drill

Pitchers PFP's

- Live PFP Drill
- Bunt Drill
- Fungo Drill
- Diamond Defense
- Catcher Ball in Dirt Drill
- Bunt Sequence
- Double Play Sequence

SESSION:

Friday, January 22, 2016, 4:15PM – 5:15PM: Breakout #1

TOPIC:

Developing Better Swing Mechanics with Your Hitters: Drills & Exercises

PRESENTER:

Bobby Tewksbary, Founder & Instructor, Tewksbary Hitting
Chris Colabello, Outfielder/First Baseman, Toronto Blue Jays

- Introduction & Recap from Elite Swing Mechanics
- Education of Coaches & Athletes
- Motivation - What drives the drive? Triggers?
- Getting Away from Cues and/or Drills that Manipulate Bad Swings
- Using Failure to Seek Greatness
- Understanding Breeds Creativity
- Emulating the Right Movements at the Right Times
- Finding Extremes with Movement
- Separation of Church and State? (Approach vs Mechanics)
- Using Movement + Approach to Improve Timing
- Recap
- Questions



SESSION: Friday, January 22, 2016, 4:15PM – 5:15PM: Breakout #2
TOPIC: *Offensive Team Development*
PRESENTER: Jared Holowaty, Head Coach, Montclair State University



INDIVIDUAL OFFENSE

- Before anything, every player must know offensive philosophy
- Working on individual offense will ultimately lead to making the team better

- ❖ Purpose, Process, & Progression
 - WHY abide by this philosophy? A player buying into the philosophy is of the utmost importance for team success
 - HOW to get there
 - Getting there

TEAM OFFENSE

- ❖ Understanding the Situation
 - EVERYONE must understand the situation- batter, runners, on-deck, in the hole, dugout
 - Two-Base Baseball: Hit doubles or get on & get over- Puts constant and varied stresses on opponent

- ❖ Executing the Situation
 - Consistent executors vs inconsistent executors
 - Team Offensive Stations
 - Bunting- Imperative that players understand and BUY into the importance of bunting and how your program teaches bunting. Can be done live, in cage, or on the side.
 - Base Running- see bunt down, see ball through the IF, etc.
 - Cage Work
 - Live Situational Hitting- highly beneficial repetitions for batters, defense, and base runners. Manipulate offensive situations by placing runners on bases, giving signs, base runners acknowledging and executing signs

FOCUS POINT

- ❖ 1-2 focus points should be established every practice
- ❖ Too many points of focus create multiple points of confusion
- ❖ Base running should focus on base running, not conditioning
- ❖ Post practice evaluations should center on how players grasped and handled the focus point

SESSION: Friday, January 22, 2016, 4:15PM – 5:15PM: Breakout #3
TOPIC: *Sports Nutrition 101: It's Not About Over-Training, It's About Under-Recovering*
PRESENTER: Rachel Balkovec, Minor League Strength & Conditioning Coordinator, Houston Astros



1. The Nature of Baseball is Overtraining

- a. Thinking of nutrition as injury prevention
 - i. Anti-inflammatory
 - ii. Energy
 - iii. Immune System
 - iv. Nervous System
 - v. Performance

2. Supplementation for high school and college athletes

- a. Don't do it
 - i. Clean up the diet first
 - ii. Food first approach
 - iii. Hydration
 - iv. Most products not worth the money
- b. If you decide to do it, here's what you need to know:
 - i. NSF Certified
 - ii. Quality = Minimal Ingredients
 - iii. Bi Pro, Genethix

3. Maximize Recovery

- a. We can't play the sport less frequently
- b. Maximize the time in between outings
- c. Sleep, nutrition the new injury prevention focus in professional sports
 - i. Sleep Rooms
 - ii. Improved nutrition across the league
 - iii. More informed athletes

4. Fueling During, Around Competition/Practice

- a. In game nutrition ideas and suggestions
 - i. Mixed Nuts
 - ii. Protein
 - iii. Fruit
 - iv. Water

SESSION: Saturday, January 23, 2016, 8:30AM – 9:15AM: Nehantic/Pequot/Paugusset
TOPIC: *Baserunning. Don't Forget It!*
PRESENTER: Scott Stricklin, Head Coach, University of Georgia



*Make a consistent effort to cover an aspect of base running every day.

*The way your team runs the bases can set the tone of a game.

*Aggressiveness on the base paths forces defenders to rush!

*Getting down the line.

*Aggressive turns vs. "Smart" turns

*Running through the catch.

*When do you tag?

*Getting as much as you can get.

SESSION: Saturday, January 23, 2016, 8:30AM – 9:15AM: Abenaki
TOPIC: *Outfield Play: The Last Line of Defense*
PRESENTER: Greg Sullivan, Assistant Coach, Boston College



Misconceptions

1. Outfielders can't get better in the northeast – EXCUSE! – Get better anywhere Gym/Stage/Hallway-whenever!
2. Anyone can play the outfield
3. Need to get live reads

II. How to become a good outfielder

1. Take Pride in it- if you as a Coach make it an afterthought so will they. Every day's- 10 minutes- It doesn't take that long.
2. Explain why we are doing things. Make them your teachers. Teach them the game
3. Work at it.

III. THE MOST Important Drill in Baseball

1. Toss and Catch:
 - i. Habits are formed during your games of toss and catch.
 1. Every day drills into throwing program.
 - ii. Long toss- Not up in the air- "Quick 'cut-able' throws. Stay closed protect arm.
2. Throwing Program: 14 minutes: 120 feet(Back edge of the infield ring)
 - i. 3 minutes @ 60'
 - ii. 3 minutes @ 90' **Every days**
 - iii. 3 minutes @ 120'
 - iv. Max Throw- 2 minutes at max throw- Not every day- 2-3 days a week.
 - v. 2 minutes- working back into 75-90' 30 seconds of quick hands.

IV. Principles – very important

1. Catch the ball
2. Keep double play in order!
 - i. Don't give extra bases -Very few players throw out players at 3rd base from RF. Control batter/runner. "Split the runners" or control that back runner/batter runner
 - ii. WAY TO MANY PLAYERS TRY TO THROW RUNNERS OUT AT THE PLATE
Example: 1st and 3rd 1 out is way better then 2nd and 3rd 1 out.
3. Throws infielders can handle- "Firm not hard" Quick "cut-able" throws.
4. Always some place to go. Old Little League saying.

V. Pre-Pitch

1. Positioning by hitter/pitcher/count- Stay athletic
 - i. With 2 K's "Two steps in and two steps over"
 - ii. Know situation – score, inning, outs, batter, etc- Flesh Signs from Middles.
 - iii. Ready Position/Fielding Position

VI. Ground Ball Drills

VII. Fly Ball Drills

VIII. Batting Practice

SESSION: Saturday, January 23, 2016, 8:30AM – 9:15AM: Shinnecock/Nipmuc
TOPIC: *Infield Play: The Corners*
PRESENTER: Jayson King, Head Coach, Franklin Pierce University



A. Drills

1. Quick toss – flat and regular gloves
2. Low toss – flat and regular gloves
3. Step and throw – flat and regular gloves
4. Short hops knees – one hand, two hands, backhand, glove side
5. Reaction crossovers
6. Slow roller drill – glove and bare hand
7. Pickups – short hop and rollers
8. Roller drills – one, two, backhand, glove side
9. Relay drill – at, right, left, short, chase
10. NFL drill
11. Short reaction fungo soft toss
12. 1B pick progression
13. 1B throws
14. 3-6-3 play focus
15. Ground balls on knees
16. Dive drill
17. Block and scramble
18. Footwork drill with 3B – shuffles

B. What Else

1. One hand v two hand
2. Slow roller player one hand or two
3. One hand ground balls
4. Depth at 3B and 1B
5. Bunt defense approach at corners
6. Holding runners at 1B
7. Ladder and hurdles
8. Ground balls if in soft toss
9. Early stretches – use of base
10. Where to put them
11. Value at 1B what are you looking for – height etc.
12. Toughness at 3B
13. Practice at SS stay athletic
14. PFP plan
15. Use of backhand

SESSION: Saturday, January 23, 2016, 9:30AM – 10:15AM: Nehantic/Pequot/Paugusset
TOPIC: *The Competitive Pitcher*
PRESENTER: Josh MacDonald, Pitching Coach, University of Connecticut



The Competitive Pitcher: Creating Alphas

- Can you create “alpha”, “ace”, “the man”
- Getting focus from creating throwers and focus on beating batters
- This is a pitcher vs hitter battle, not a sport that is judged on a 10.0 scale.

Goal Achievers:

- Pre-fall / pre-spring goals are set, but are they achieved?
- Role goals, individual pitching goals (i.e. velocity gains, pitch development), and condition goals
- Always somebody ahead of you, always somebody behind you

Areas we focus on:

- Fastball command, fastball movement, and having 1-2 plus secondary pitches
- Throwing strikes, pounding the zone, keeping the ball away from the no zone
- Understanding counts, understanding that most damage is done when the pitch is delivered in the strike zone, but where in the zone and when in the count

Practice:

- Preparing the pitcher for their next outing
- Improve your weakness instead of always focusing on strengths
- Pens: 1-2-2, each pen has a focus on what needs to be improved on, give player ownership, and this is a time to address any concerns or weaknesses from last outing/pen
- Short Work: in between starts and pens, time where the pitcher can make strides without having a coach look over their shoulder the whole time.
- Long Toss: Jaeger long toss, mark your distance to see improvement

Live:

- Chart every outing.
- Gun every pitch: 1- Arm Health, 2- pitchers training at 100% (benefits hitters as well), 3- peer-to-peer competition
- The four freshmen arms. Three came in all consistently 90 or above, the fourth came in 85-87, and was above 90 5 weeks later. Peer-to-peer competition
- In the fall when we are scrimmaging we keep the same stats as we would in spring.
- If we are indoors, during preseason, we do a positive/negative percentage.
- Positive: strike-out, weak contact
- Negative: Walk, HBP, and hard contact, any barrel

Conditioning:

- Once a week we try to do a competitive competition in our training
- 16 100s as a minimum conditioning base line we have all of our players achieve in the fall and January pre-season before we go into baseball skilled practice
- Each player has off-season weight/strength goals

Defensive Work: PFP

- Take pride in your defense
- Box drill, 3-1 drill, goal keeper drill
- Picks. Regular move, good move, best move, balk move for righties. Lefties we encourage to hang-leg and read.
- Pitchers need to know times to home plate and we will clock them during live sessions and bullpens to create game-like atmosphere

Video Work:

- After each live outing their video goes up on YouTube so the pitcher can break down each pitch
- We will do our video sessions with the staff as a group. We break down the positive and negatives and emphasize on things that we need to improve on.

Recruiting:

- How do you find aces?
- How many games have the pitchers won? How many titles, league or state? What does the high school coach think of him? Is he the pitcher his teammates want with the ball in the 7th?
- What are the red flags?

Conclusion:

- If done correctly you will have a staff that is not only competing against your opponents, but also against themselves

SESSION: Saturday, January 23, 2016, 9:30AM – 10:15AM: Abenaki
TOPIC: *Team Leadership Matters*
PRESENTER: Mike Leonard, Head Coach, Bates College



1. What is the role of team captains?
 - a. Extension of the head coach
 - b. Vocal presence on the team
 - c. Model team values
 - d. Perform/Produce on the field
 - e. Build team cohesion
 - f. Organize team events
 - g. Represent the team in the community or on campus

2. Understanding today's athlete
 - a. Coach/Parent involvement in youth sports
 - b. Ability to handle conflict with peers
 - c. Today's parenting style

3. Know that type of team you have and what type of leaders you need
 - a. Young team vs. Veteran team
 - b. Vocal leaders vs. lead by example
 - c. Work with each leader's strength

4. Selecting Team Captains
 - a. Team vote
 - b. Coach decide
 - c. Player survey
 - d. Combination
 - e. Don't have captains

5. Building better leaders
 - a. Give them a role and be clear with your expectations
 - b. Opportunities to lead
 - c. Expose them to outside resources: Guest speaker, work with other team captains, collaborate with other student leaders who are non athletes
 - d. Help them to learn their strengths and find what they are passionate about
 - e. Meet with your team captains – this gives them access to the coaching side of the team as well as the player side of the team
 - f. Listen to your team captains – they have a better pulse on certain things going on with the team and with individual players
 - g. Online class, workbook, etc.

6. Captains are an extension of the Head Coach
 - a. Know yourself – have a coaching philosophy
 - b. Set clear expectations for your team and follow them yourself
 - c. Your team will model who you are as a coach

SESSION: Saturday, January 23, 2016, 9:30AM – 10:15AM: Shinnecock/Nipmuc
TOPIC: *Batting Practice Done Right and Pre At Bat Presentation*
PRESENTER: Dan Kennedy, Director of Player Development, Connecticut Baseball Academy

BATTING PRACTICE DONE RIGHT – HUGE EMPHASIS ON HAVING A PLAN



ROUND 1 – Hitters Pick Up Balls

2 Sacrifice bunts – PROPER ANGLES
2 Push Bunts
2 Bunts for a Hit – PERFECT OR FOUL
2 Suicide Squeeze

ROUND 2

5 Swings opposite field

ROUND 3

2 Hit & Runs
2 Run & Hits
2 Runner on 2nd, 0 outs
2 Runner on 3rd, Infield in, less than 2 outs
2 Runner on 3rd, Infield back, less than 2 outs

Round 4

2 Choice
10 Swings

TODAY'S BP GOALS

1. Execute Round One

Struggling Lately - Stay in Until Executed

↳ Lose Round 4 Swings

2. Perfect Reads on Bases

Group #1 Hitting – Group #2 On Bases

Group #2 Hitting – Group #3 On Bases

Group #3 Hitting – Group #4 On Bases

Group #4 Hitting – Group #1 On Bases

PRE AT BAT PREPARATION

A. WHEN DOES YOUR AT BAT BEGIN

B. ON THE BENCH

1. Watch the Pitcher, Pick up tendencies
2. Talk hitting or talk about the pitcher with other players.
3. Talk with the pitching coach; see if he has picked up any tendencies.

C. IN THE HOLE

1. Helmet On, On the top step
2. Watch the Pitcher; pick up tendencies.
3. Contact, immediately make way to the on-deck circle.

D. ON DECK

1. Prepare muscles to hit
 - i. Stretch, practice swings, etc.
2. Watch pitcher, Have a plan.
 - i. What pitch are you looking for in what situation
 1. Count is a factor
 2. Having a play on is a factor
3. Contact
 - i. Immediately get into position to direct runner who is scoring
 - ii. Immediately make way to the batters box

E. IN THE BATTERS BOX

1. Grounds keeping
2. Pick up 3rd Base Coach
3. Find the ball
4. Check fielders, know your situation or plan
5. In the box, READY TO HIT

All your drill and practice work (muscle memory) will take care of the mechanical part of your swing. DO NOT take your drill work to your at bat.

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SESSION: Saturday, January 23, 2016, 10:30AM – 11:15AM: Nehantic/Pequot/Paugusset
TOPIC: *What It Takes To Be A Successful College Pitcher*
PRESENTER: Seth Moir, Pitching Coach, UCLA

Pitchability

- Ability to pitch vs Ability to throw
- 36 Principles UCLA Pitchers Abide by



Game Management

- In game philosophies
- Situational Pitching
- 21 Points on Managing the game from the mound

9 on 1

- Using your teammates to improve your performance
- 13 examples of pitching as a member of the team

Inside the Numbers

- Data that reinforces the UCLA Pitching Philosophies
- 11 Bullet points that go deeper into the numbers

Mental Game

- Learning to minimize damage
- Pitching out of Problems
- Negatives into Positives
- 24 ways to approach the game from a mental standpoint

SESSION: Saturday, January 23, 2016, 10:30AM – 11:15AM: Abenaki
TOPIC: *Creating Fluid Team Defense*
PRESENTER: Jared Holowaty, Head Coach, Montclair State University



DEFENSIVE PHILOSOPHY

- Must establish keys to preventing runs
- Develop 6-8 *focal points* that your team needs to grasp - buy into (For the season)
- Large part of defensive philosophy is a byproduct of team/lineup strength & weaknesses

INDIVIDUAL POSITION PLAY

- Every position has a consistent progression
- End result of progression is readiness to enter FULL SPEED (LIVE) work

TEAM PLAY

- 1-2 Focuses daily
 - Mastering one focus is far greater than getting a feel for multiple topics
- Every day we want to do something TEAM DEFENSE with the pitchers (difficult due to other pitchers duties- bullpens, throwing programs, etc.)
 - Team Defense with pitchers includes PFPs, picks, MIF communication, Catcher-Pitcher communication, and backing up

❖ Team Defensive Progressions

- Controlled- calling out situations- builds awareness & confidence
- Reacting- Read & React vs live runners- solidifies awareness & confidence
- Final result: *Synergy* is established- 9 positions turn into ONE DEFENSE

PURPOSEFUL PRACTICE CRITERIA

- Purposeful practices aid in the consistent development of players, meaning, ***DON'T PRACTICE JUST TO PRACTICE.***
- How to evaluate a practice:
 - Time (seamless transitions or long, repetitive lectures?)
 - Focus
 - Specific Purposes
 - Communication (player to coach, coach to player, player to player, coach to coach)
 - Energy/Enthusiasm (player to coach, coach to player, player to player, coach to coach)

SESSION: Saturday, January 23, 2016, 10:30AM – 11:15AM: Shinnecock/Nipmuc
TOPIC: *The Prepared Catcher: Stances, Setup, Controlling the Running Game, Pitcher-Catcher Relationship & Game Awareness*
PRESENTER: Alex Trezza, Head Coach, Long Island University - Brooklyn

1. Stance/Setup
2. Controlling the running game
3. Pitcher / Catcher Relationship



Stance

- The foundation for performance
- Athletic position
- Basic setup
- Everybody is different
- 5 stances for success:
 - Sign – primary - modified primary – 1 knee – secondary

Controlling the Running Game

- Everything is based on time
- What does this mean?
- Pitcher time to the plate + catcher time to 2nd
- Vary times
- Picks
- Holds
- Pitch-Outs
- We control the runner
- Understand the situation
- Information is important!
 - The more information that you can obtain by watching the coaches, runners and the scoreboard, the more successful you will be at controlling the running game...

The Pitcher / Catcher Relationship

- Trust!!
- Extremely important and extremely overlooked
- Catchers must know the personalities of each pitcher
 - Tough on some guys
 - Coddle some guys
 - Leave some guys alone
 - Are they in a bad mood / good mood
 - Etc., Etc., Etc,
- You **can** work on it
- Talk to pitchers about opponents...Pre game and post game (BP next day)
- As coaches we must include catchers in pitchers meetings
- Let catchers run the pitchers meetings...

SESSION: Saturday, January 23, 2016, 11:30AM – 12:15PM: Nehantic/Pequot/Paugusset
TOPIC: *Become A Complete Hitter: Own Your Identity*
PRESENTER: Chris Colabello, Outfielder/First Baseman, Toronto Blue Jays



- **Recap the value of swing mechanics**

- What comes first mechanics or approach - They both work in unison – The mechanics create the approach
- Understanding why the swing is built through the middle
- How this allows us to hit for both average and power
- KEEP THE BALL OFF THE GROUND!!!!

- **Be on time... on time**

- What does being on time mean?
 - What pitch/timing constraint do I have to be on time for?
 - I can always create time, I can't reduce it.
 - Looking in and adjusting away — Why?
 - Hit fastballs middle/middle in
- Syncing rhythm with the pitcher/arm action and movements

- **Seeing the baseball**

- Building a swing with efficient mechanics allows you to hit the ball deeper
 - This is what allows us to let the ball travel and see it longer and make better decisions.
 - Understand how to do damage deeper in the hitting zone
 - How do we recognize pitches - arm action/spin of ball/tipping pitches

- **Understanding moments**

- What is the situation in the game telling me?
- If you want to hit .300, you need to understand how to use the whole field
 - Shifts/scouting reports
- Be present - mentally - one at bat has no correlation to the last one or the next one.
- Plus and minus counts, Aggression, and avoiding two strike counts

- **BE ACCOUNTABLE**

- Take ownership of your swing and the movements you make within it
 - Understand why they are important
 - Awareness of Body in space
- Every time you pick up a baseball bat, do it with purpose
- Don't let people tell you what your identity is - Create it every day
- Always be learning and trying to improve

SESSION: Saturday, January 23, 2016, 11:30AM – 12:15PM: Abenaki
TOPIC: *Recruiting Discussion: Learn What You Need to Know*
PRESENTER: Greg Sullivan, Assistant Coach, Boston College



1. Understanding the Game- Basic Rules
 - a. Phone Calls, Emails, Texts, Social Media, Hand Written Notes
 - b. Contacts and Evaluations
 - c. Unofficial vs Official visit
 - d. Scholarship and Roster Limits
 - e. Dead period, Quiet Period and Contact period
2. Recruiting Buzz Words
 - a. "I'm getting recruited by....."
 - b. "Verbally Committed"
 - c. Etc.....
3. Time Table
 - a. When does the recruiting process start?
 - b. Deadlines
 - c. When is it the right time to "commit"?
 - i. Academics, Athletics, Social Environment, Location, Finances
4. The roles of the "Players" in the Game
 - a. Players
 - i. Honesty
 - ii. Be prepared
 - b. Parents
 - i. Support
 - ii. Help prepare player
 - iii. Listen
 - c. Coach
 - i. Educate players and families
 - ii. Help Prepare (visits/process)
 - iii. Pros vs. Cons
 - iv. Let them make the decision
 - v. Forward phone calls and text messages
 - vi. Honest feedback to both College Coaches and Players and their Families
 - d. College Coach
 - i. Honesty
 - ii. Follow through
 - iii. Clearly laying out the values and principles of the program
 - iv. Laying out the exceptions of the players in the program
5. Showcases vs. Camps & Clinics
 - a. When and where
6. Recruiting Services
7. Helping in marketing your players
 - a. Email
 - b. Video
 - c. Social Media
8. Summer Coach vs. High School Coach

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