

Baseball Program



Saturday 7 december

08.30	Arrival, check in and registration
09.15	Opening & Introductions
09.30 - 10.30	Positive Coaching by Jacques van Rossum
10.30 - 11.15	Positioning by John McLaren
11.15 - 11.30	Break
11.30 - 12.15	Hitting drills by Joe Lefebvre
12.15 - 13.15	Lunch
13.15 - 14.00	Catching by John McLaren
14.00 - 14.45	The State of Pitching today by Steve Janssen
14.45 - 15.15	Break
15.15 - 16.00	<u>Parallel sesion</u> MLB on mound and batter's box by Gavin Kelly Outfield by Joe Lefebvre
16.00 - 16.45	Athletic Skill Model by Rene Wormhoudt
16.45 - 17.30	7th inning stretch
17.30 - 18.30	Dinner
19.00 - 20.00	MLB/WBC tales of the dugout by Hensley Meulens

Sunday 8 december

08.00	Breakfast
09.15 - 10.00	Baserunning by John McLaren
10.00 - 10.45	Game Plan hitting by Hensley Meulens
10.45 - 11.15	Break
11.15 - 12.00	Joe Lefebvre & Hensley Meulens on hitting
12.15 - 13.00	Lunch
13.00 - 13.45	Pitching program KNBSB by Steve Janssen & Martijn Nijhoff
13.45 - 14.30	The Athlete of the 21 st century by Toon Gebrands
14.30 - 15.00	Break
15.00 - 15.30	Final Question Round
15.30 - 16.00	Raffle Draw & Closing

