

# Softball 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	Tracy Bunge Fundamentals of Hitting
11.15 - 11.30	<b>Break</b>
11.30 - 12.15	Diana Remmers The power of Positive influence Part 1
12.15 - 13.15	<b>Lunch</b>
13.15 - 14.00	Tracy Bunge Hitting Drills How to fix your hitters
14.00 - 14.45	Diana Remmers The power of Positive influence Part 2
14.45 - 15.15	<b>Break</b>
15.15 - 16.00	Karen Marr Winter Planning for the Elite Pitcher
16.00 - 16.45	Athletic Skill Model by Rene Wormhoudt
16.45 - 17.30	Tracy Bunge Offensive strategies... How to score more runs
17.30 - 18.30	<b>Dinner</b>
19.00 - 20.00	Hitting and Pitching in the Sports Hall Tracy & Karen Part 1
20.00 - 21.00	Hitting and Pitching in the Sports Hall Tracy & Karen part 2
21.15	End of Softball program