

5. Swiss Baseball Coach Clinic 2018

Ist auch als J&S-Kurs WB1
ausgeschrieben

27.-28.01.2018

Magglingen

ISG Sports Group



Team-Leader: Rick Steen, ISG
Speaker: Brent Strom, Houston Astros Pitching Coach
Stu Fritz, Hope (MI) College

International Sports Group is a non-profit organization that, in cooperation with a country's National Baseball Federation, conducts seminars and clinics that are dedicated to spreading the proper coaching and teaching of baseball.

[http://www.isgbaseball.com/
J&S-Kurs-Informationen](http://www.isgbaseball.com/J&S-Kurs-Informationen)

Registration: <http://www.swiss-baseball.ch/en/association/ausbildung/>

Questions: kurt.reinhard@swiss-baseball.ch



SWISS BASEBALL
AND SOFTBALL
ACADEMY

5. Swiss Baseball Coach Clinic 2018



Schedule

Sat 27.1.2018

- 09:00-09:15- Welcome and Orientation (Classroom)
09:15-10:05- Attacking the Hitter- Brent Strom (C)
10:10-11:00- Offensive Strategy- When and why!- Steen or Fritz (C)
11:05-11:55- *tbd* Fritz or Steen (C)
13:30-14:40- Pitching Drills- Strom (Gym)
14:50-16:00- Hitting Drills Around the Cage- Steen (G)
16:10-17:20- Multi-Faceted Defensive Exercises- Fritz (G)
17:30-18:00- 2017 Houston Astro Highlights (G)
20:00-20:40- I've Seen the Enemy and He Is Us- Strom (C)
20:45-21:30- Ask the Coaches; Hotstove- All Coaches (C)

Sun 28.1.2018

- 08:30-09:20- Catching: Mechanics and Attacking the Hitter- Fritz (C)
09:25-10:15- Care, Strength, and Conditioning for the Arm- Strom (C)
10:20-11:05- Outfield Play- Steen (C)
11:10-11:55- Mental Preparation As a Coach, Offensive/Defensive Player- all Coaches (C)
13:15-14:00- Effective Pre-Practice and Pre-Game Preparation- Steen (C)
14:05-14:50- Building a Competitive Practice- Fritz (C)
14:55-15:40- *tbd* (C)
15:45-16:00- Questions and Answers- All Coaches (C)
16:00-16:15- Raffle and closing instructions (C)

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