

6. SBSF & ISG Baseball - Clinic 18.-19. January 2020

Speakers

John Casey
Norm Walsh
Stu Fritz

18.01.2020		
9:00 - 9:15	Welcome and Orientation	Classroom HHG201
9:15-10:00	John Casey - Pitching Principles	
10:05-10:50	Stu Fritz - Infield Play	
10:55-11:30	Norm Walsh - Strike Zone awareness/Bunting	
11:30-12:30	Lunch (served 11:30-13:15)	
12:30-13:00	Walk to the gym	
13:00 - 13:40	John Casey - Pitching drills	Sport-Toto-Halle
13:40 - 14:20	Norm Walsh - Hitting drills	
14:25 - 15:05	Stu Fritz - Infield drills	
15:05 - 15:45	Walk to the classroom	
15:45 - 16:30	Norm Walsh - Pick offs/run downs/backing up bases/relays	
16:30 - 17:15	Stu Fritz - OF play	
17.15-18:00	freetime	
18:00-19:30	Dinner (served 18:00-19:30)	
19:45-20:30	John Casey - Jumbo Hitting Philosophy	
20:30-21:00	Ask the Coaches; Hotstove - All Coaches	
	Meet at the Bar	

19.01.2020		
8:05-8:35	J+S-News (without ISG)	
8:45-9:30	John Casey - Mental game	
9:30 - 10:00	Walk to the gym	
10:00 - 10:30	Stu Fritz - Calling a game/catching	
10:35 - 11:10	John Casey - Baserunning	
11:15 - 11:45	Norm Walsh - Strategies for the run game/defending the run game	
11:45 - 12:15	Walk to the classroom	
12:15-13:15	Lunch (served 11:30-13:15)	
13:30-14:15	Norm Walsh - Coaching Strategy	
14:20-15:00	Stu Fritz - 1-3 offense and defense/bunt def	
15:00 - 15:45	John Casey - Multiple lessons through drills	
15:45-16:00	Questions and Answers - All Coaches	
16:00-16:20	J+S-Review	
16:20-16:45	Raffle and closing instructions	



ISG BASEBALL
Making baseball better ... one coach at a time

Fall/Winter Coaching Clinics 2019-2020

Sponsors

