



MOHEGAN SUN

World Baseball COACHES' CONVENTION



2012 Event Information

Event Partners



January 2012

Dear Coach,

Welcome to the **2012 Mohegan Sun World Baseball Coaches' Convention**.

With the beginning of the 2012 baseball season just around the corner, we're glad you could join us for a weekend of baseball coaching concepts, discussion and ideas.

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

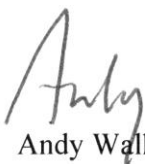
We want this clinic to be something special and we have spent considerable time securing the best clinicians and designing a curriculum that addresses all levels of play and a range of coaching areas. We also have a terrific group of exhibitors and we encourage you to visit them in the Mohegan Sun Convention Center during the event.

A special thanks goes to the staff and management of the Mohegan Sun and the Mohegan Sun Convention Center who have welcomed us and allowed us to use their outstanding facilities and amenities. We want to thank our sponsors for their contributions, including our title sponsor Mohegan Sun, Extra Innings, Rawlings Sporting Goods, Rightview Pro, Baseball America, On Deck Sports, Louisville Slugger, Diamond Nation, 3P Sports, Yankee Gas, Lux Bond and Green, and Geno's Fastbreak Restaurant.

Enjoy the offerings 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 2013!

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.

WORLD BASEBALL EVENT SCHEDULE

Thursday, January 19, 2012:

Session Times	Location	Speaker	Topic
4:30 pm - 9:00 pm	GENERAL EVENT REGISTRATION @ Convention Center Pre-Function Area		
6:15 pm - 7:00 pm	Break-Out #1	Derek Johnson, Vanderbilt	The Vanderbilt Pitching Foundation
	Break-Out #2	Bill Currier, Fairfield University	Aggressively Defending the Bunting Game
	Break-Out #3	Rob Cooper, Wright State	Team Batting Practice: Rules, Routine, Rewards
	Extra Innings Batting Cage		BBCOR Bat Demonstration Hosted by Extra Innings
7:15 pm - 8:00 pm	Break-Out #1**	Dana Cavalea, New York Yankees Strength & Conditioning Coach	Getting Players Game Ready
	Break-Out #2	Bill Currier, Fairfield University	Hitting the Pitch Edge to Edge
	Break-Out #3***	Buddy Biancalana	7 Reasons for Athletic Inconsistency / What Keeps an Athlete from Being in the Zone
	Extra Innings Batting Cage	Steve Trimper and Billy Cather, University of Maine	Outfield Play Demo
8:15 pm - 9:00 pm	Break-Out #1***	Jim Penders, UConn	The Real A.C.E. Behind UCONN Baseball – Attitude, Concentration and Effort
	Break-Out #2	Derek Johnson, Vanderbilt	Game Day Pitching Routines
	Break-Out #3	Nick Giaquinto, Sacred Heart University	Daily Throwing Program – Outfielders, Infielders & Catchers
	Extra Innings Batting Cage	Peter Rubins	Worth Product Demonstration
9:15 pm - 10:00 pm	Break-Out #1	Don Slaught, RightView Pro	Hitting Analysis: Finding the First Cause and Identifying the Best Drill
	Break-Out #2***	Derek Johnson, Jim Penders, Bill Currier, Nick Giaquinto & Roger Bidwell	Panel Discussion – Getting Your High School Players Ready to Play at the Next Level (Player Development Keys, Recruiting Ins & Outs, Mental Challenges...)
	Break-Out #3	Rob Cooper, Wright State	Infield Play – Proper Footwork and Precise Execution
	Extra Innings Batting Cage	Jay Weaver, New England Catching Camp	Catching Drills Demonstration

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.

CT High School Baseball Coaches: Sign up at the Registration Table for either of the following:

**Connecticut Coaching Education Program Module 8 for CT High School Coaches (3 hours credit) – “Strength & Conditioning Design for Interscholastic Programs.” Extra \$40.00 fee applies. CT High School Baseball Coaches can only take one 3-hour CEU module at this clinic. Attendance will be taken.

***Connecticut Coaching Education Program Module 9 for CT High School Coaches (3 hours credit) – “Sports Psychology for Interscholastic Coaches.” Extra \$40.00 fee applies. CT High School Baseball Coaches can only take one 3-hour CEU module at this clinic. Attendance will be taken.

WORLD BASEBALL EVENT SCHEDULE

Friday, January 20, 2012:

<i>Session Times</i>	<i>Location</i>	<i>Speaker</i>	<i>Topic</i>
7:30 am - 12:00 pm	GENERAL EVENT REGISTRATION @ Convention Center Pre-Function Area		
8:15 am - 9:00 am	Break-Out #1	Mark DeJohn, St. Louis Cardinals	Teaching Infield Fundamentals
	Break-Out #2	Steve Trimper, University of Maine	UMaine Baseball – How to Run an Efficient Practice, A to Z Part 1: Defense
	Break-Out #3	Bill Masse, Seattle Mariners	Game Day – Pre-Game Preparation and In-Game Management
9:15 am - 10:00 am	Break-Out #1	Derek Johnson, Vanderbilt	The Pitching Star: Understanding Connection in the Pitching Delivery
	Break-Out #2	Steve Trimper, University of Maine	UMaine Baseball – How to Run an Efficient Practice, A to Z Part 2: Offense
	Break-Out #3	Gary LaRocque, St. Louis Cardinals	What Coaches Should Know About the Scouting Process
	Extra Innings Batting Cage	Steve Sutton	Easton Product Demonstration
10:15 am - 11:00 am	Break-Out #1**	Dana Cavalea, New York Yankees Strength & Conditioning Coach	Common Player Breakdowns and Exercises to Prevent Them!
	Break-Out #2	Sal Fasano, NH FisherCats Manager	Finding the “Perfect” Mechanics for Your Catcher
	Break-Out #3***	Buddy Biancalana	Strengthening the Mind-Body Connection – Get the Body to Do What the Mind Wants
	Extra Innings Batting Cage	Rajai Davis, Toronto Blue Jays & Roger Bidwell, UConn/Avery Point	Get an Advantage on the Basepaths – Baserunning Demo
11:15 am - 12:00 pm	Break-Out #1	Kevin Long, New York Yankees	The Absolutes of Hitting Success
	Break-Out #2	Ralph Treuel, Boston Red Sox	Controlling the Running Game – Slide-steps, Pick-offs & Timing
	Break-Out #3	Mike Leonard, Bates College	Everything You Need to Know about “Coaching the Bases”
	Extra Innings Batting Cage	Sal Fasano, NH FisherCats Manager	Live Catching Demo...Blocking and Receiving Drills to Improve Your Catcher!
12:00 pm – 1:15 pm	EXHIBITOR TIME/LUNCH BREAK		
	Extra Innings Batting Cage	Brian Meehan	DeMarini Product Demonstration
1:15 pm - 2:00 pm	Break-Out #1	Rick Peterson	The Pitching Sabermetrics of MoneyBall: The Story Behind It
	Break-Out #2	Don Slaught, RightView Pro	Hitting Analysis: Finding the First Cause and Identifying the Best Drill (Repeat Session)
	Break-Out #3	Jim Penders, UConn	Getting the Most Out of Your Catchers
	Extra Innings Batting Cage	Anthony Iapoce, Toronto Blue Jays	Teaching the Swing with a Top Blue Jays Prospect

WORLD BASEBALL EVENT SCHEDULE

Friday, January 20, 2012 (cont.):

Session Times	Location	Speaker	Topic
2:15 pm - 3:00 pm	Break-Out #1	Kevin Long, New York Yankees	Greatest Misconceptions about Teaching Hitting
	Break-Out #2	Craig Breslow, Arizona Diamondbacks	A LHP's Perspective – Slidesteps, Pick-offs, Arm Slot, Pitch Selection & Side of the Rubber
	Break-Out #3	Bill Masse-- Seattle Mariners, Matt Hyde—New York Yankees, and Gary LaRocque--St. Louis Cardinals	What a Scout Looks for in Amateur Players
	Extra Innings Batting Cage**	Dana Cavalea, New York Yankees Strength & Conditioning Coach	Get Your Players Game Ready in 15 Minutes: Proper Warm-up
3:15 pm - 4:00 pm	Break-Out #1	Rick Peterson	Breakdown of the Pitching Delivery
	Break-Out #2	Anthony Iapoco, Toronto Blue Jays	Building the Aggressive/Selective Hitter
	Break-Out #3	Mike Gambino, Boston College	Pre-Game Preparation: Warm-up to PreGame Infield...
	Extra Innings Batting Cage	Dan Rigol	Louisville Slugger – TPX Product Demonstration
4:10 pm - 5:00 pm	Break-Out #1	Ralph Treuel, Boston Red Sox	PFP – Pitcher Fielding Practice: Fielding Bunts, Covering Bases & Throwing to Bases
	Break-Out #2	Gary LaRocque and Mark DeJohn, St. Louis Cardinals	Developing a Winning Player, The World Champion St. Louis Cardinal Way!
	Break-Out #3	Bryan Barkley & Jeff Paolino	Preparing and Maintaining Your Baseball Field: A Primer for High School and Youth Coaches
	Extra Innings Batting Cage	Kevin Long, New York Yankees	Hitting Drills, Drills, Drills (Demonstration)
5:10 pm - 5:50 pm	Break-Out #1***	Rick Peterson, Sal Fasano, Rob Cooper and Steve Trimper	Coaching Philosophy Roundtable – Building a Winning Attitude
	Break-Out #2	Chris Podeszwa, UConn	Bunting: The Lost Art (Demonstration)
	Break-Out #3	Bryan Barkley & Jeff Paolino	Preparing and Maintaining Your Baseball Field: A Primer for High School and Youth Coaches (Repeat Session)
	Extra Innings Batting Cage	Paul Sances	Rawlings Product Demonstration
5:30 pm - 7:30 pm	EXHIBITOR TIME / DINNER BREAK		
7:30 pm - 8:30 pm	Break-Out #1	Bobby Valentine, Boston Red Sox	<i>TALKING BASEBALL</i> with Boston Red Sox Manager Bobby Valentine moderated by Joe Castiglione, Radio Voice of the Boston Red Sox

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

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COMPLIMENTARY COFFEE FOR ATTENDEES & EXHIBITORS: On both Friday and Saturday morning, complimentary coffee will be served from 7:00 AM – 9:30 AM in the Mohegan Sun Convention Center's Pre-Function Area while supplies last.

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.



WORLD BASEBALL EVENT SCHEDULE

Saturday, January 21, 2012:

Session Times	Location	Speaker	Topic
7:15 am - 9:30 am	GENERAL EVENT REGISTRATION @ Convention Center Pre-Function Area		
8:30 am - 9:15 am	Nehantic/Pequot/Paugusset Rooms***	Dana Cavalea, New York Yankees Strength & Conditioning Coach	Baseball Speed Development
	Abenaki Room	Justin Blood, University of Hartford	Town-Hall Meeting – Video Analysis on Pitching Mechanics
	Shinnecock/Nipmuc	Harvey Ratner	Vision Training to Improve Hitting
9:30 am - 10:15 am	Nehantic/Pequot/Paugusset Rooms	Chris Podeszwa, UConn	UConn Hitters...Drills that Have Propelled Them to National Prominence
	Abenaki Room	Buddy Blancalana	7 Reasons for Athletic Inconsistency / What Keeps an Athlete from Being in the Zone (Repeat Session)
	Shinnecock/Nipmuc	Mike Gambino, Boston College	Outfield Play Essentials
10:30 am - 11:15 am	Nehantic/Pequot/Paugusset Rooms	Anthony Iapocce, Toronto Blue Jays	The Professional At-Bat Pyramid – Getting Ready for Every At-Bat
	Abenaki Room	John Schiffner, Chatham A's & Plainfield High School	Countdown to Opening Day: High School Coaches Checklist from First Practice to First Game
	Shinnecock/Nipmuc	Sal Fasano, NH FisherCats Manager	Managing the Game: Rap Session with 10-Year Veteran Major League Catcher & 2011 Eastern League Manager of the Year
11:30 am - 12:15 pm	Nehantic/Pequot/Paugusset Rooms	Roger Bidwell, UConn Avery Point	Cuts and Relays to "Perfection"
	Abenaki Room	Wayne Mazzoni, Sacred Heart University	5 Things You Can Do to "Quickly" Improve Your Pitchers
	Shinnecock/Nipmuc	Mike Leonard, Bates College	Proper Catching Set-Up and Calling the Game: Things to look for in Hitters

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 product offerings.

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COMPLIMENTARY COFFEE FOR ATTENDEES & EXHIBITORS: On both Friday and Saturday morning, complimentary coffee will be served from 7:00 AM – 9:30 AM in the Lower Pre-Function Hall of the Mohegan Sun Convention Center while supplies last.

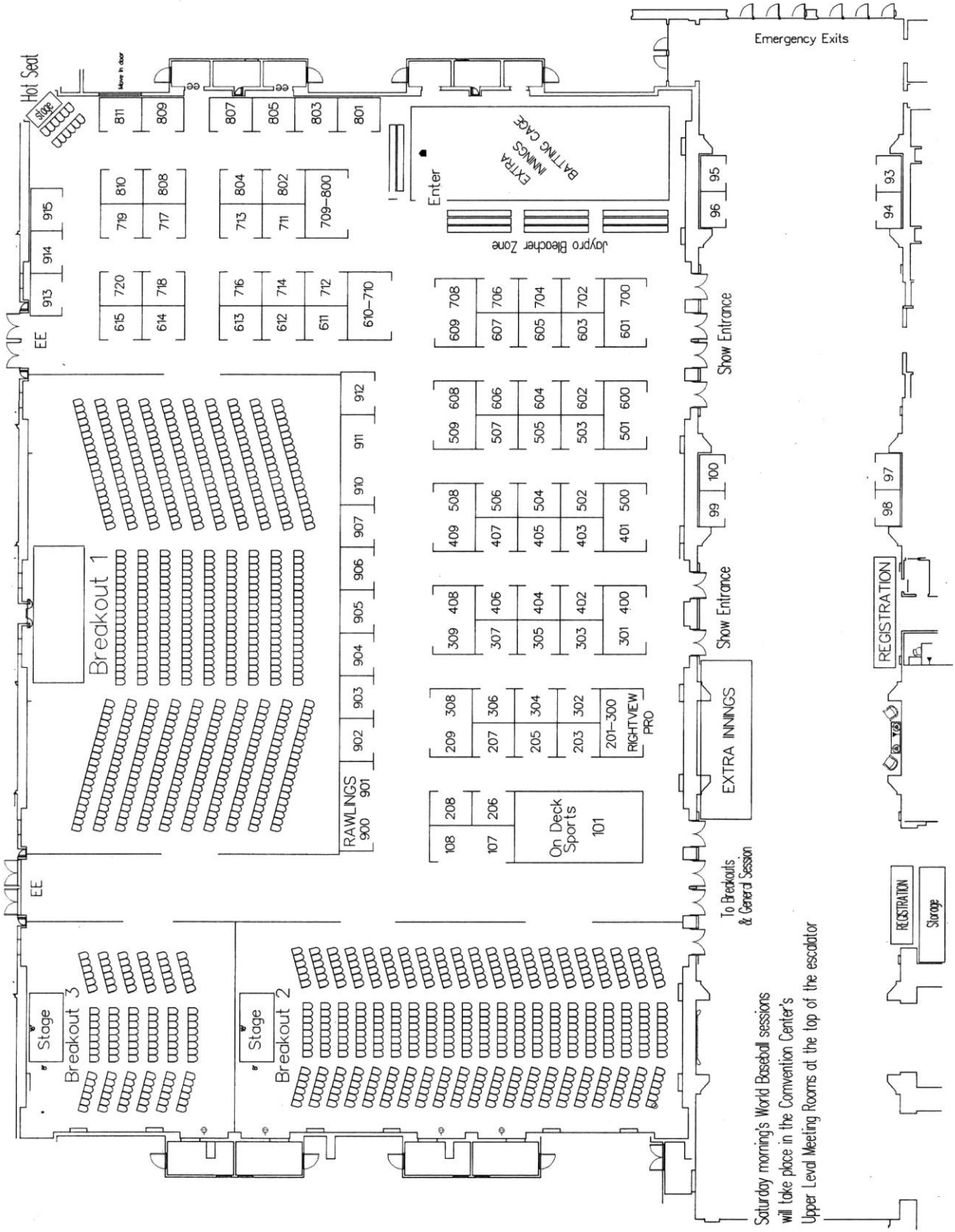
SAVE 15% AT GENO'S FASTBREAK RESTAURANT:

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We encourage you to patronize our event partners and exhibitors.



2012 Mohegan Sun World Baseball and Softball Coaches' Convention



2012 Mohegan Sun World Baseball Coaches' Convention Exhibitor Booth Locations

Company/Exhibitor Name	Exhibitor Booth #		Company/Exhibitor Name (cont.)	Exhibitor Booth #
3N2 LLC	706		Mercury Sports	612
Air Structure American Technologies Inc	805		Mizuno	609 & 708
Akadema Professional	803		ML Strength and Conditioning	606
Anaconda Sports	209 & 308		MotionPro by CyberAccess123 Inc.	604
Anthem Sports LLC	608		New Britain Rock Cats	Table
Baden Sports Inc.	305		New England Catching Camp	509
Baseball America	203		New Hampshire BBB	914
Baseball City	403		NFP Sports	614
Baseball Heaven	307		OC Sports	603
Bash Bat Company/Tater Grip	306		On Deck Sports	101
Beaver Bat Company	309 & 408		Pacific Headwear	303
Bownet	710		Pickle-Ball Inc.	505
BSN Sports	907		PIK Products	613
Bunt Down Bat	718		Planet Fastpitch	203
Cape Cod Baseball League	97		PMPM Sports -- Zone Training	402
Connecticut Baseball Academy	702		Protime Sports	610
Connecticut Tigers	Table		Radar Pitching Trainer	205
Cooperstown All Star Village	208		Rawlings	900 & 901
Coyote Promotions	711		Read Custom Soils	207
Demosphere International Inc.	600		RightView Pro	201 & 300
DGM Systems LLC	720		Rip-It Sporting Goods	704
Diamond Nation	99 & 100/ Pre-Function		Ripken Baseball	406
Disney Baseball and Softball	611		Rob Monte Art	807
Dove Tail Bat Company	808		Schutt Sports	903
Easton Sports	905 & 906		Scott's Sports Supplies	302
Extra Innings	Extra Innings Store/Pre- Function		Spalding/Russell	601 & 700
EyeBlack.com	719		Spinets	507
Fastpitch Nation/CT USSSA	810		Sports At The Beach	607
Five Tools LLC	717		Sports Sales and Marketing	401 & 500
Frank's Sport Shop	709 & 800		Sports Team Hotels	712
GameChanger Media Inc.	904		Sports Tutor	501
GameMaster	409 & 508		Super Net	407
Gertrude Hawk Chocolates	404		Tucci Lumber	502
GloveWhisperer.com	605		Turface Athletics	504
Gotham Baseball	713		TYRUS Baseball Products	506
Hi Trainer Inc.	615		Under Armour	108
HRA Sportsvision/ATR Throwrite	802		USAElite Training	809 & 811
InMotion Systems	716		Valle Baseball	714
Jaypro Sports LLC	801		Vero Beach Sports Village	304
JEC Production	804		W.S. Emerson	503
Lee County Sports Authority	902		Wilson-DeMarini-ATEC	206
Little Caesars Pizza Kits	913		Worth Sports	107
Louisville Slugger	301 & 400		X-Grain Sportswear	602
Martin Sales / Dynamic Team Sports	912		Xtra Innings	915
Mattingly Sports Inc.	910 & 911		Yale Pediatric Cancer Research	98
			Zeavision	405

SESSION: Thursday, January 19, 2012, 6:15PM - 7:00PM: Break-Out #1
TOPIC: *The Vanderbilt Pitching Foundation*
PRESENTER: Derek Johnson, Associate Head Coach and Pitching Coach, Vanderbilt University

Foundations of Pitching
Derek Johnson
Vanderbilt University

1. What is a Foundation and why do we need one?
2. Tradition
3. Catchers Role
4. Opportunities/Expectations
5. Why Do You Pitch?
6. Who Are You Now and Who Do You Want To Be?
7. Training vs. Trusting
8. Pillars of Pitching
 - a. Me vs. Me vs. You
 - b. Skill and Ability
 - c. Intention
 - d. Balance
9. Pitching Goals

SESSION: Thursday, January 19, 2012, 6:15PM - 7:00PM: Break-Out #2
TOPIC: *Aggressively Defending the Bunting Game*
PRESENTER: Bill Currier, Head Baseball Coach, Fairfield University

AGGRESSIVELY DEFENDING THE BUNTING GAME

Bat change

BBCOR bats

Power numbers down in NCAA Baseball

Offenses adjusting by more situational hitting, base hit bunting, SAC bunting

More bunting all through lineup, earlier in game bunting

Making baserunner(s) / batter accountable when bunting

Picks, back picks from catcher, early movement from batter/runner

Bunter handling BrBall, high FB's, buntable pitch (strike)

Athleticism of your infield, catcher / pitcher on the mound – decision making

Practice gives team / catcher's knowledge of athleticism

Catchers making situational verbal call (understanding the variables)

Timing of defensive movement essential

Defending the Sac Bunt

Runner on **1st rotations**

Regular rotation, early rotation, pitchout to 1st , LHP pick, 2nd baseman crash

Runners on **1st & 2nd rotations**

Wheel play, pick at 2nd , back pick from Pitcher (LHP/RHP), Creeper, **Nothing on**

Make opponent's bunter put down a perfect SAC BUNT

Mix your defensives to keep opposing coach guessing

SESSION: Thursday, January 19, 2012 6:15PM - 7:00PM: Break-Out #3
TOPIC: *Team Batting Practice: Rules, Routine, and Rewards*
PRESENTER: Rob Cooper, Head Baseball Coach, Wright University

**Team Batting Practice: Rules, Routines,
And Rewards**

Rob Cooper
Head Baseball Coach
Wright State University
robert.cooper@wright.edu

- | | | |
|-----|---|--|
| I | Batting Practice Must Serve A Purpose | • T Work |
| A. | What Are You Trying To Accomplish With Batting Practice? | • # Plates |
| | • Off Season | • 1 handed BP – 60-70% |
| | • In Season Batting Practice | • Middle/OFF Center BP |
| | • Game Day | • Sample Practice Schedules |
| B. | Individual Goals and Team Goals | • Points and Competition |
| | • Development of Individual | |
| | • Team Philosophy | |
| II | BBCOR | IV In Season BP |
| A. | Must Teach The Correct Swing And Be Able to Repeat it | • Continue to Develop Individual Hitter |
| | • Smaller Sweet Spot | • Constantly Assessing Where We Are Offensively/Design Batting Practice Plan Accordingly |
| | • Exit Speed | • Use of Wood |
| III | Off Season Batting Practice | • Hitting Groups |
| | • Time to Develop the Individual Player – Especially Northern Schools | • Continue to Use Same Drills |
| | • Begin to Introduce Team Philosophy | • 1 hop/R @ 3B/OFF Center/Charting and Competing |
| | • Teach Routines | • Thursday BP – Funneling – Thru the Line/R @ 2B |
| | • Use of Wood | • Early BP |
| | V Game Day | • Game Day Routine |

SESSION: Thursday, January 19, 2012 7:15PM - 8:00PM: Break-Out #1
TOPIC: Getting Players Game Ready
PRESENTER: Dana Cavalea, Strength and Conditioning Director, New York Yankees; and
Major League Strength Consultant

NOTES:

SESSION: Thursday, January 19, 2012 7:15PM - 8:00PM: Break-Out #2
TOPIC: *Hitting the Pitch Edge to Edge*
PRESENTER: Bill Currier, Head Baseball Coach, Fairfield University

HITTING THE PITCH EDGE TO EDGE

Setup – this takes no talent

Grip, Stance, Position in batter's box

Load / Triggers

Take back from front side (heel lift, knee in, foot lift, toe tap, etc.)

Balance during load / take back from lower half

Bat angle / hands stay steady during load

Stride / Bat path to contact – progression drills for teaching concepts

Staying square to plate on stride

Getting front foot down early

Tracking ball to location

Back knee drive thru

Firm front side with closed front foot

Bat squaring up on contact point, holding square through exit

Swing path staying on plane through contact zone (downward, level, upward)

Finish

One hand vs. two hand finishes

Balance

Read the spin on the ball exiting – make it 12/6 backspin !!

SESSION:

Thursday, January 19, 2012 7:15PM - 8:00PM: Break-Out #3

TOPIC:

7 Reasons for Athletic Inconsistency / What Keeps and Athlete from Being in the Zone

PRESENTER:

Buddy Biancalana, Co-Founder of PMPM Sports Zone Training and Past MLB Player / Coach

1. The Fluid Motion Factor:

Moving signals through the brain
Enlivening the fast twitch muscles

The Relationship between the Mind and Body:

The surface level of the mind and the large muscles
Deeper, quieter levels of the mind and the fast twitch muscles

2. Sports as a Series of Gaps:

What athletes experience when playing their best
Understanding where motion originates
Gaps in other areas of life

3. The Quality of the Gap Determines the Quality of the Motion:

The 3 and 0 pitch when a hitter is taking
The second golf shot
The tennis shot that's 2 inches out

4. Don't React to Information Before it is Necessary:

Dr. Fred Travis' research
Roger Federer-catching opponents flat footed

5. The DNA Goal of the Sport:

Will never be forgotten
What to do with it

6. The Inverse Relationship Between Strong Intention and Execution:

Strong intention and the DNA Goal
Ortiz, Federer, Bobby Jones and Tiger-cryptic comments

7. Injury Prevention:

Eliminating the tug of war between muscles
Reducing fatigue



SESSION: Thurs., Jan. 19, 2012 7:15PM - 8:00PM: Extra Innings Batting Cage
TOPIC: *Outfield Play Demonstration*
PRESENTER: Steve Trimper, Head Coach, University of Maine, and Billy Cather

1. **Quick Overview of the Position / What we Expect from our Outfielders**
2. **Mentality of an Outfielder**
3. **Preparation – Pre Game**
4. **Preparation – In Game**
5. **Mental Checklist Before Every Batter**
 - a. Always know the number of outs
 - b. Always know the count
 - c. Know the situation
 - d. Know the hitter
 - e. How many steps are you from the warning track / line
 - f. How bad is the sun / twilight for night game?
6. **Physical Aspects of the Game**
 - a. Ready / Athletic Position
 - b. Walk Into Ready Position
 - c. “Pop” Technique
 - d. Get a GOOD Read
 - e. Attack the Baseball
 - f. Run to a spot with head down
 - g. Run on your toes – full speed with head down – glove up at last minute
 - h. Get behind the baseball – square up to the infield – not catching TD’s
 - i. Come through the baseball
 - j. Catch the ball above shoulders / in front of chin on throwing side
 - k. Make an accurate throw through the cut off
7. **Fielding Ground Balls**
8. **No Play Technique / Infield Technique**
 - a. Block ground balls on your knee
 - b. Infield Technique
9. **Throw to a Base / Do or Die**
10. **Getting to the Fence**

SESSION: Thursday, January 19, 2012 8:15PM - 9:00PM: Break-Out #1
TOPIC: *The Real A.C.E. Behind UConn Baseball – Attitude, Concentration & Effort*
PRESENTER: Jim Penders, Head Baseball Coach, University of Connecticut

The A.C.E. behind UConn Baseball

Eighty Years of Baseball Coaching Lessons and How Little I've Learned
How your best Attitude, Concentration, and Effort are all that matter
(a few first-rounders don't hurt either)

80 Years vs. Right Now

- How right now wins out every time

The only Three Acceptable Answers I could give my coach

1. Yes
2. No
3. Sorry, I screwed up

Why we have to Answer the “Why questions” today

How Managing and Mastering the Process = Maximizing Results

The Four Pillars of the UConn Baseball Program

1. Graduation Result
2. Championship(s) Result
3. Leadership Result
4. Giving Back Result

The Processes

ACE – Attitude, Concentration, and Effort
WIN – What's Important Now

How do we reinforce the positive processes as coaches?

Communication + Prioritization = Homogenization without Isolation

Team Building in an Era of Sportscenter highlights, showcase ball, and pay for play

Evaluating and embracing failure

Sticking the measuring sticks
Staying Accountable to oneself and the team

Coaching in an Orphanage

Do we really want to coach orphans – or just sometimes?
What they teach us

The Nurturing and Balancing the Natural Desires to:

1. Be part of something larger than ourselves
2. Improve oneself

Lose yourself and Find the best stuff

SESSION: Thursday, January 19, 2012 8:15PM - 9:00PM: Break-Out #2
TOPIC: *Game Day Pitching Routines*
PRESENTER: Derek Johnson, Associate Head Coach and Pitching Coach, Vanderbilt University

Preparing to Throw and Catch Play
Derek Johnson
Vanderbilt University

1. What and Why of Routine
2. Leadups
3. Jaeger Bandwork
4. Catch Play/ELT/LT
5. Skill Work
6. Bullpen Work

SESSION: Thursday, January 19, 2012 8:15PM - 9:00PM: Break-Out #3
TOPIC: *Daily Throwing Program – Outfielders, Infielders, & Catchers*
PRESENTER: Nick Giaquinto, Head Baseball Coach, Sacred Heart University

Position Players

THROWING

RECEIVING

INFIELDERS

- | | | |
|-----------------------------------|-------|------------------------------------|
| 1. 6/12 rotation | 40' | exchange |
| 2. Rhythm (6/12) | 60' | step w/ glove foot to ball |
| 3. GB (L, R, Back hand) | 75' | SS, 2B DP footwork
1B, 3B force |
| 4. DP (2B,SS turns) (1B,3B feeds) | 90' | tag plays |
| 5. Relay and cut offs | 120' | relays/cuts |
| 6. Long toss (one hop) | 150'+ | tag plays/deek |
| 7. Quick hands | 60' | 10X |

OUTFIELD

- | | | |
|---------------------------------|-------|--|
| 1. 6/12 rotation | 40' | exchange |
| 2. Rhythm (6/12) | 60' | step with glove foot to ball |
| 3. GB infield style/
advance | 75' | catch with 2 hands, get ball prevent
out of glove . Get into good
throwing position. |
| 4. Fly ball (R,L,front) | 90' | same as above |
| 5. All out GB | 120' | same as above |
| 6. Long toss (one hop) | 150'+ | same as above |
| 7. Quick hands | 60' | 10X |

CATCHERS

- | | | |
|---|------|--------------------------------|
| 1. 6/12 rotation | 40' | exchange/ 4 seam grip |
| 2. Rhythm | 60' | exchange, step with right foot |
| 3. Pick 1 st , 3 rd (1/4 squat) | 75' | deek, high tag |
| 4. Field bunt, 1-2-3 | 90' | 1-2-3, 5-2-3 |
| 5. Steal 2 nd , middle, in, out | 120' | tags |
| 6. Long toss | 150' | tags |
| 7. Quick hands | 60' | 10X |

SESSION: Thursday, January 19, 2012 9:15PM - 10:00PM: Break-Out #1
TOPIC: *Hitting Analysis: Finding the First Cause and Identifying the Best Drill*
PRESENTER: Don Slaught, RightView Pro Founder, Former Detroit Tigers Hitting Coach and 16-year MLB Veteran; presented by RightView Pro



Finding the First Cause & Identifying the Best Drill
Don Slaught

Stance

Common Problems

Drills

Negative Move

Common Problems

Drills

Positive Move

Common Problems

Drills

Toe Touch or Ready Position

Common Problems

Drills

Heel Plant

Common Problems

Drills

Addition and Connection

Common Problems

Drills

Bat Lag

Common Problems

Drills

Contact

Common Problems

Drills

SESSION: Thursday, January 19, 2012 9:15PM - 10:00PM: Break-Out #3
TOPIC: *Infield Play – Proper Footwork and Precise Execution*
PRESENTER: Rob Cooper, Head Baseball Coach, Wright State University

Infield Play – Proper Footwork and Precise Execution

Rob Cooper

Head Baseball Coach

Wright State University

robert.cooper@wright.edu

- A. **Correct Stance**
- B. **Feet Position – If feet are in the right position, easier to field ball, Athletic**
- Most under coached aspect of Infield Play
 - Need to spend more practice time on this
 - Example of Poor Feet Position
- C. **What Makes A Correct Stance?**
- Flexed Knees
 - Top of The Triangle vs. Back of Triangle
 - Hand Position – 1 O'clock and 7 O'clock / Fork vs. Spoon
- D. **Fielding of Ball**
- Left of Center
 - Field Ball 1 handed – Not 2 Handed
 - Play Through it with Hands / Not a Water Balloon Toss
 - Spoon vs. Fork
 - Separate Early and Out in Front
 - Play Through Ball With Butt and Feet / Footwork
 - From Low to High vs. Up and Out
 - Power Position
 - High Level Catch
- E. **Going to the Baseball**
- Pre Pitch Positioning – Know pitcher, pitch, and hitter
 - Positive First Step – Got To Work Hard to Get Left of Center
 - Gain Ground When Possible – Play the Ball Don't Let Ball Play You
- F. **Drills for Success**
- 1 Handed Groundballs
 - GB's on Knees
 - Count Hops
 - Hard Charge
 - Racquetball
 - GB's w/ no Glove
 - Timed Groundballs
 - Competitive Groundballs

SESSION: Friday, January 20, 2012, 8:15AM - 9:00AM: Break-Out #1
TOPIC: *Teaching Infield Fundamentals*
PRESENTER: Mark DeJohn, Field Coordinator, St. Louis Cardinals

INFIELD PLAY

MENTAL AND PHYSICAL APPROACH

- 1) KNOW FIELD CONDITIONS**
- 2) UNDERSTAND GAME SITUATIONS AND POSITIONING**
- 3) ANTICIPATION – EVERY PITCH**
- 4) FOCUS, VISION – HITTER-RUNNER, STANCE**
- 5) JUMPS, READS, ANGLES**

FIELDING ROUTINE GROUNDBALLS

- 1) STANCE, BALANCE**
- 2) FEET, HEAD AND GLOVE POSITION**
- 3) FUNNELING BALL TO MIDDLE OF BODY**



THROWING

- 1) GRIP, BREAKING FROM GLOVE**
- 2) FOOTWORK – QUICKER RELEASE, STRONGER THROW, 1-2 SHUFFLES**
- 3) ACCURACY, RHYTHM, UPPER AND LOWER HALF.**

BACKHANDS

- 1) DIFFERENT TYPES- GLOVE -SAME LEG --- GLOVE- OPPOSITE LEG**
- 2) GLOVE, HEAD, FOOTWORK**
- 3) TRANSFER, RELEASE AND THROW**

DOUBLE PLAYS

- 1) UNDERSTANDING SITUATION – RUNNERS, BALL, DIRECTION.**
- 2) POSITIONING, APPROACH TO BAG.**
- 3) FEEDS TO 2B – FOOTWORK AND THROWS**
- 4) PIVOTS – POSITION OF HANDS, FOOTWORK AROUND BAG.**

SESSION: Friday, January 20, 2012, 8:15AM - 9:00AM: Break-Out #2
TOPIC: *UMAINE BASEBALL – Running an Efficient Practice, Part 1: Defense*
PRESENTER: Steve Trimper, Head Baseball Coach, University of Maine

Infield Play and Drills

Basics:

Ground ball technique
3 types of “Hops”
Glove drills
Quick hands throwing drill



Footwork: USING THE LADDER

Good feet improve hands
Hand/eye improves
Practice moving and catching
Coaches need to look at 3 skills for an infielder

- Feet
- Hands
- Arm

Middle Infield Ladder Drills

- Coving the bag on steals
- Moving and receiving
- Tags plays
- Double plays
- Drills to improve throwing- 4 corner throwing

1st Base Play: USING THE LADDER

- Improve feet
- Work on Tags and Picks
- Simulate back door pick from catcher

Outfield Drills

Quarterback drill
Cone drill
Tracking drill (outside)
Communication drill
Find the ball in the sky drill (inside)

Team Defensive Drills

Sequences: Involving the entire team

Double play sequence

- incorporates tag plays, relays, cut offs, DP feeds, ground balls, communication

Bunt Sequences

- communication, fielding, relays, cut offs, accurate throwing, tag plays

Fly Ball Priority

Outfielders over infielders
Catcher is last resort
Call the ball at its peak
Multiple “Ball” calls

SESSION: Friday, January 20, 2012, 8:15AM-9:00AM: Break-Out #3
TOPIC: *Game Day – Pre-Game Preparation & In-Game Management*
PRESENTER Bill Masse, Major League Scouting Supervisor, Seattle Mariners, and Founder of Baseball City

GAME DAY – PRE-GAME PRERATION & IN-GAME MANAGEMENT

I. PRE-GAME PREPARATION

- A) WRITING OUT A LINEUP
 - a) On-base percentage
 - b) Speed
 - c) Power
 - d) Right or Left
 - e) Lineup Card (Dugout and Umpires)
- B) PLAN FOR PITCHING
 - a) Pitching Card
 - b) Strengths and Weaknesses of your Pitchers
 - c) Thinking Ahead in the Lineup

II. IN-GAME MANAGEMENT

- A) COACHING PRESENCE
 - a) Demeanor and Attitude in the Dugout
 - b) Correct Mistakes “Correctly”
 - c) Be Prepared
- B) DEFENSIVE POSITIONING
 - a) Correct Ready Position – all 9 players
 - b) Infield Depths – Runner at 3rd
 - c) Outfield Depths
 - d) Playing the Lines in Infield
 - e) Playing “no doubles” in Outfield
- C) STRATEGIC DECISIONS
 - a) Keep it simple
 - b) Bunt Defenses
 - c) 1st & 3rd Defense and Offense
 - d) Base running – Hit & Run, Stealing
- D) STAYING AHEAD OF THE GAME
 - a) Coaching 3rd Base
 - b) Laying your Head Down on the Pillow “Gut-Decisions”

SESSION:

Friday, January 20, 2012, 9:15AM – 10:00AM: Break-Out # 1

TOPIC:

The Pitching Star: Understanding the Connection in Pitching Delivery

PRESENTER:

Derek Johnson, Associate Head Coach and Pitching Coach, Vanderbilt University

Pitching Star
Derek Johnson
Vanderbilt University

1. Think Connection
2. What Are Good Mechanics?
3. Goals
 - a. Pitch
 - b. Pitcher
 - c. Coach
4. Questions and Flaws
5. Mechanical Principles
6. Connections
7. Disconnections

SESSION: Friday, January 20, 2012, 9:15AM - 10:00AM: Break-Out #2
TOPIC: *UMaine Baseball – How to Run an Efficient Practice, Part 2 Offense*
PRESENTER: Steve Trimper, Head Baseball Coach, University of Maine

UMAINE BASEBALL
Running An Efficient Practice
Part 2:Offense
Steve Trimper



Motivating Your Team

- Have a plan
- Avoid setting goals!
- Take care of yourself and team, not opponent
- Visual aids
- Adversity- separates the best players from the rest
-

Base Running

- Primary and secondary leads
- Stealing 2nd base
 - Off LHP and RHP
- Stealing 3rd base
- Squeeze play
- Fake squeeze and run
- Proper technique
- Sliding
- Base Running sequences: Singles and Doubles
 - Great time saver

Hitting: Basics

- Importance of loading
- Punching bag theory
- Balance
- Weight transfer like a “Big Leaguer”
- Importance of strong wrists

Hitting: Progression and visual aids

- Use of camera
- Make adjustments
- Refer back when in slumps
- Create player computer “files”

SESSION: Friday, January 20, 2012, 9:15AM – 10:00AM: Break-Out #3
TOPIC: *What Coaches Should Know About the Scouting Process*
PRESENTER: Gary LaRocque, Senior Special Assistant to the General Manager, St. Louis Cardinals

What Coaches Should Know About The Scouting Process

Defining the Differences Between Amateur Scouting and Professional Scouting

- Scouting the High School and College Player vs the Professional Player

The Scouting Process – How Scouts Develop a Follow List of Amateur Players

- Contacting Coaches
- How to Recommend a Player
- Making Information Available
- Information for Families
- Workouts Both In and Out of Season
- Showcases and Summer Leagues
- Tryout Camps

Scouting The Amateur Level

- When a Scout Arrives at the Game or Team Workout
- Why a Scout May Leave a Game Early and What It Means
- Evaluating Players Abilities - What a Scout Looks For
- The Importance of Profiling Tools By Position
- How Intangibles Factor
- Projection on the Amateur Level
- Pre- Draft – What is Included In a Scout's Report
- Leading up to the Draft Process

Scouting The Professional Level

- Projecting the Timeline
- Quantifying Results
- When a Player Goes from Projection to Production

SESSION: Friday, January 20, 2012, 10:15AM-11:00AM: Break-Out #1
TOPIC: *Common Player Breakdowns and Exercises to Prevent Them!*
PRESENTER: Dana Cavalea, Strength and Conditioning Director, New York Yankees;
and Major League Strength Consultant

NOTES:

SESSION: Friday, January 20, 2012, 10:15AM – 11:00AM: Break-Out #2
TOPIC: *Finding the “Perfect” Mechanics for Your Catcher*
PRESENTER: Sal Fasano, New Hampshire Fisher Cats Manager & 2011 Eastern League Manager of the Year

Catching Conditioning

3-5 minute Rotation

30 sec. Rest

- 1. Jump rope.**
- 2. Dyna Disc in squat.**
- 3. Med Ball Catching**
- 4. Up-Down Drills**
- 5. Knee Slides**
- 6. Duck walk with bar.**
- 7. Mini Jumps from squat.**
 - a. Straight.**
 - b. ¼ turn.**
 - c. ½ turn**
- 8. Super Jumps.**
- 9. Bounds.**
- 10. T drill.**
- 11. Reaction Drills.**

SESSION: Friday, January 20, 2012, 10:15AM – 11:00AM: Break-Out #3
TOPIC: *Strengthening the Mind-Body Connection – Get the Body to Do What the Mind Wants*
PRESENTER: Buddy Biancalana, Co-Founder of PMPM Sports Training & Past MLB Player / Coach

1. Understanding the Mind-Body Connection:

The dirty window
Remove the corrosion

2. Creating Positive Energy:

The result does not need to determine the reaction
The YES drill

3. Proper Breathing:

The problem with chest breathing
Begin practice with breathing
Remove the blocks

4. Dealing with Nervousness:

What is it?
Call it what it is
What to do about it

5. The Power of the Senses:

Using the senses to relax the mind

6. Being Mindful:

Mindfulness drills

7. Dealing with not being Successful—THIS TIME:

Be with it if necessary
Cleansing breath

8. The Power of Thoughts:

Thoughts lead to an emotion
Examine the accuracy of the thought

9. Other Obstacles:

Diet
Structural issues
Psychology-Belief system

SESSION: Friday, January 20, 2012, 11:15AM – 12:00PM: Break-Out #1
TOPIC: *The Absolutes of Hitting Success*
PRESENTER: Kevin Long, Batting Coach, New York Yankees

The Absolutes of Hitting Success

1. Mechanics
 - A. Consistent and Repeatable
 - B. Close to Hitting Position
 - C. Controlled Movements
2. Pitch Selection
 - A. You're only as good as pitches you swing at
 - B. Robinson Cano
 - C. OBP, SLG, AVG
3. Gap to Gap Approach
 - A. Stay in the Middle of the field
 - B. Works for every situation except for hit and run
 - C. Gives the hitter room for error
4. Ability to make Adjustments
 - A. Mechanical, Approach, Field Conditions, Umpire, Etc..
 - B. Curtis Granderson
 - C. Pitch to Pitch, AB to AB, Game to Game
5. Work Ethic
 - A. You get what you put into it
 - B. Diet, Weights, Training
 - C. Results don't happen overnight (patience)
6. Preparation
 - A. Routines (vitamins)
 - B. On Deck, opposing pitcher, opposing hitter, etc..
 - C. Do your homework
 - D. Time, Work, Effort
7. Ability/Competing
 - A. Getting most out of talent
 - B. Pedroia, Tebow, Iverson
 - C. Playing w confidence (Jeter)

SESSION: Friday, January 20, 2012, 11:15AM – 12:00PM: Breakout Room #2
TOPIC: *Controlling the Running Game – Slide-steps, Pick-offs & Timing*
PRESENTER: Ralph Treuel, Boston Red Sox Minor League Pitching Coordinator

CONTROLLING THE RUNNING GAME – SLIDE-STEPS, PICK-OFFS AND TIMING

Speed of the game

1. The game is changing - testing
2. Stolen bases vs. HR'S
3. Taking the extra base.

Runner at 1st - RH Pitcher

1. Pick-off moves – quick feet, gain distance and direction
2. Hold the ball, step off
3. Release time to catcher – 1.25-1.35 range

Runner at 1st – LH Pitcher

1. Pick- off moves – importance of head
2. Hold the ball, step off
3. Release time to catcher – 1.25-1.35 range

Runner at 2nd – RH & LH Pitchers

1. Pick – off moves, inside move
2. Vary your looks
3. Release times to catcher – same as a runner at 1st.

Getting quick to the plate

1. Slide step – pre load
2. Modified slide step – weight transfer
3. Hand position

Who controls the running game?

1. Coach from dugout – signs
2. Catcher
3. Pitcher

Question & Answer Session

SESSION: Friday, January 20, 2012, 11:15AM-12:00PM: Break-Out #3
TOPIC: *Everything You Need to Know about "Coaching the Bases"*
PRESENTER: Mike Leonard, Head Baseball Coach, Bates College

- I. Base Coaching Basics
 - a. Body Language
 - b. Communication Style
 - 1. Positive vs. Negative Comments
 - c. Have a plan before the inning starts (when head coach is coaching 3B)
 - 1. Pinch Hitters, Runners
 - 2. Bullpen
- II. Coaching First Base
 - a. Responsibilities
 - 1. Know the situation – Outs, score, etc.
 - 2. Communication
 - 1. Back – on pickoff move
 - 2. Down – down on a ball hit to the infield and with a high throw
 - 3. Pitcher's pick off moves
 - 4. Know the signs!!
 - b. Take the Job Seriously
- III. Coaching Third Base
 - a. Signs
 - 1. Clear to offense but concealed from defense
 - b. Stop, Take a Turn, Go
 - c. Base Runner Situations
 - 1. Basics
 - 1. How many outs?
 - 2. Freeze on a line drive
 - 3. Watch a Back Pick
 - 4. Read dirt ball
 - 2. No One on Base
 - 3. Runner on 1B Only
 - 1. Take Signs on the base
 - 4. Runner on 2B Only
 - 1. Good, Hold, Back
 - 5. Runner on 3B Only
 - 1. Contact or see it through
 - 2. Tag
 - 6. Runners on 1B and 2B
 - 1. Watch a back pick
 - 2. Read the runner ahead of you
 - 7. Runners on 1B and 3B
 - 1. 1st and 3rd Offense
 - 8. Runners on 2B and 3B
 - 9. Bases Loaded
 - d. Send Him or Hold Him
 - 1. If Ball is in front of the hitter it is Always their decision!!
 - 2. How many outs?
 - 3. Who is on deck?
 - 4. Know the outfielders and where they are playing

SESSION: Friday, January 20, 2012, 1:15PM-2:00PM: Break-Out #1
TOPIC: *The Pitching Sabermetrics of MoneyBall: The Story Behind It*
PRESENTER: Rick Peterson, Renowned MLB Pitching Coach & 3P Sports Pitching Expert

Pitching Sabermetrics of Moneyball
The Inside Story

1. Peak performance triangle
 - a. Preparation equals performance
 - b. Kaizen

2. Biomechanical analysis

3. Money ball financial projections

- a. Process vs outcome

Master the Game-plan

1. MLB AVGs by count

2. MLB AVGs down in the zone GB/FB ratio

3. Keys to run prevention

- a. GB/FB ratio
- b. Swing and Miss

Pitcher Efficiency Rating

1. Early counts

2. Ahead counts

3. Behind counts

SESSION: Friday, January 20, 2012 1:15PM - 2:00PM: Break-Out #2
TOPIC: *Hitting Analysis: Finding the First Cause and Identifying the Best Drill (Repeat Session)*
PRESENTER: Don Slaught, RightView Pro Founder, Former Detroit Tigers Hitting Coach and 16-year MLB Veteran; presented by RightView Pro



Finding the First Cause & Identifying the Best Drill
Don Slaught

Stance

Common Problems

Drills

Negative Move

Common Problems

Drills

Positive Move

Common Problems

Drills

Toe Touch or Ready Position

Common Problems

Drills

Heel Plant

Common Problems

Drills

Addition and Connection

Common Problems

Drills

Bat Lag

Common Problems

Drills

Contact

Common Problems

Drills

SESSION: Friday, January 20, 2012 1:15PM - 2:00PM: Break-Out #3
TOPIC: *Getting the Most Out of Your Catchers*
PRESENTER: Jim Penders, Head Baseball Coach, University of Connecticut

Jim Penders
UConn Baseball

Catching From the Ground Up – The Stances

Jim Penders, UConn Baseball
james.penders@uconn.edu

STANCES - 3 positions an effective catcher must assume to aptly perform differing duties

- important to make catchers understand these roles, and feel differences physiologically to aid them psychologically in performing their differing roles
- each stance has a definitive utility and practicality, as they are the best physical postures for the duties of the catcher
- each also allows the catcher to better understand his primary goals and secondary goals of the moment through his stance and posture
- he knows what he has to do in situations, but he can also feel what his duties are by the markedly different stances he uses

1. Signal-giving stance

- used prior to every pitch, and before assuming primary or secondary stances

#1 duty is to communicate pitch selection clearly, yet covertly with pitcher and critical fielders

- feet close together, toes pointed straight ahead (4-6 inches apart, but parallel)
- knees closed (give signals to shortstop)
- chest high for balance and comfort (no shadows, authority) with belly button behind point of plate
- glove hand shields sign from third base coach as an extension of left thigh (if catcher gets lazy with this, make him turn the palm out on the glove)
- throwing hand and fingers are in contact with right groin, right elbow touching right hip, finger tips touching cup (hand goes between knees – no hesitation in presentation)
- position is one of stability, authority, and confidence, should be no strain

2. Primary/Receiving stance

- used exclusively with no men on base and less than two strikes on the batter

#1 duty is to make your pitcher look good by receiving the ball softly with the body, not just the glove

- feet shoulder width, toes pointed to 1st and 3rd with weight on inside part of feet (get as close to hitter as possible - make him get interference in practice)
- should be an arm's length from hitter's back knee
- knees are close together (allowing for sway) with butt close to ground
- lean forward slightly for low target, right hand behind heel or back
- glove arm outside or above left leg about 90% extended with index finger pointed to 1 o'clock
- eyes look just over the top of glove w/ head erect
- be careful not to step w/ right when going right, and vice versa, use the mix or hop step once in a while
- position is one of stability (slight lateral mobility) and force absorption (air bag)

3. 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 change direction of the ball

- target must be as low as it was in primary, lean forward, head is same height
- feet parallel and slightly wider than shoulders, toes slightly flared
- knees are also wide with butt now parallel with knees
- flat back, more of a lean for balance and low target
- 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

SESSION: Friday, January 20, 2012, 1:15PM-2:00PM: Extra Innings Batting Cage
TOPIC: *Teaching the Swing with a Top Blue Jays Prospect*
PRESENTER: Anthony Iapoce, Hitting Coordinator, Toronto Blue Jays

TEACHING THE SWING

STANCE: GRIP, KNEES IN-BETWEEN FEET, LEVEL EYES, RHYTHM

Teaching the Five Absolutes

ABSOLUTE #1

WEIGHT TRANSFER BACK (LOWER HALF LOAD)

KEY IN CONTROLLING STRIDE

SLOW, EASY, EARLY

WAYS TO GO BACK

ABSOLUTE #2

STRIDE SEPERATION

STRIDE- RIDE OR GLIDE-PITCH RECOGNITION PHASE

-PROPER WAY TO STRIDE

SEPERATION- STRIDE FORWARD, HANDS BACK TO LAUNCH

ABSOLUTE # 3

HEAD IN-BETWEEN FEET (AXIS)

STAYING BEHIND BALL

ABSOLUTE # 4

START SWING FROM GROUND UP

FOOT, KNEE, HIP AND HANDS LAST

DEFINITION OF TORQUE

ABSOLUTE #5

STRAIGHT LINE TO AND THRU BALL

FORWARD AND DOWN

MAINTAIN *DYNAMIC BALANCE* THROUGH SWING

CONTROLLING HEAD FROM START TO FINISH

Drills To Help Teach the Swing

- a) Balance Drills (early stride separation, slow motion swings,)
- b) Rhythm and Looseness Drills (tall and fall, post walk through)
- c) Hand Drills (pre set hands, hand to knee pump, step back)

SESSION: Friday, January 20, 2012, 2:15PM – 3:00PM: Break-Out #1
TOPIC: *Greatest Misconceptions about Teaching Hitting*
PRESENTER: Kevin Long, Batting Coach, New York Yankees

Greatest Misconceptions about Teaching Hitting

1. More is Better

- A. Addition by Subtraction
- B. Minimize movements
- C. Control Body/ Balance

2. Tee-Work is Overrated

- A. All our Hitter's use Tee
- B. Proper Use, Zones, Low, Etc...
- C. Self Use

3. Stride helps create Power

- A. Load to Stride getting into Hitting Position
- B. Timing Mechanism
- C. Staying Connected for Power

4. What does "stay inside the ball" mean

- A. Letting the Ball Travel
- B. Staying Connected

5. Hitting Specific Parts of the Ball

- A. Bottom vs Top
- B. Top inside vs Bottom inside

6. Linear vs Rotational Hitting

7. Two Strike Hitting

- A. Choking up vs Not choking up
- B. Changing Swing or Shortening up
- C. Backing the ball up

SESSION: Friday, January 20, 2012, 2:15PM – 3:00PM: Break-Out #2
TOPIC: *A LHP's Perspective – Slidesteps, Pick-offs, Arm Slot, Pitch Selection & Side of the Rubber*
PRESENTER: Craig Breslow, Arizona Diamondbacks

A Left Handed Pitcher's Perspective on Anything
Craig Breslow
Arizona Diamondbacks

Being left handed represents a tremendous advantage in baseball. It is important to recognize this, and exploit it.

- I. Out of Game/Preparation
 - A. Off Season
 - i. Throwing Program – when to start throwing, distances, volume, specialization of sports
 - a. Throwing vs Pitching
 - b. Shoulder/Elbow maintenance programs
 - c. Arm Slot, comfort, consistency
 - d. Icing
 - B. In Season
 - ii. Throwing Program – daily throwing, mound work
 - a. bullpens; “tennis shoe”
 - b. Long tossing
 - iii. Conditioning
 - a. Running
 - b. Weight training
- II. In Game Action
 - A. Attacking Hitters
 - i. Getting Ahead, Strike 1, forcing contact, conserving pitches
 - ii. Pitching Behind in the Count/Ahead of the count
 - a. “Wasting pitches”
 - b. “Pitching to the score”
 - B. Holding Runners
 - i. Runners on 1st
 - a. 45 degrees, distance and direction
 - b. Hold, hold step off
 - c. Slide step; load, don't sacrifice pitch
 - ii. Runner on 2nd
 - a. Varying looks
 - b. Hold, hold step off
 - c. Daylight, timing picks
 - C. Miscellaneous
 - i. Fielding the position
 - a. Bunt coverage
 - b. Throwing to bases, knowing coverage
 - c. Pop up priorities
 - d. Backing up Bases
 - ii. 1st/3rd Base side or rubber, knowing the type of pitcher you are

SESSION: Friday, January 20, 2012, 2:15PM-3:00PM: Break-Out #3
TOPIC: *What a Scout Looks for in Amateur School Players*
PRESENTER: Bill Masse -- Seattle Mariners, Matt Hyde -- New York Yankees,
and Gary LaRocque -- St. Louis Cardinals

I. WHY SHOULD I CARE AS AN AMATEUR COACH – JUST WIN BABY!

- A. Pride for your program – College & High School
- B. Teaching Baseball Skill Sets the correct way
- C. Player's future is most important

II. POSITION PLAYERS

- A. 5 Tools (Athletic Actions)
 - a) Hit Ability (mechanics, strike zone discipline, barrel adjustability)
 - b) Power (raw & game)
 - c) Fielding Ability (hands, feet, range, instincts)
 - d) Arm Strength (release, accuracy)
 - e) Running Speed (home to 1st, underway, instincts)
- B. 6th Tool (Makeup)
 - a) Ability to make adjustments (intelligence level – grades, apply what he learns)
 - b) Routine
 - c) Competitor – “plays with an edge”
 - d) Maturity – dealing with failure and success
 - e) High School – is he ready?
- C. Projection
 - a) Body control (are body parts in sync?)
 - b) Build (shoulders, hips, overall athletic look)

III. PITCHERS

- A. Fastball
 - a) Velocity
 - b) Movement (4-seam, 2-seam, cut)
 - c) Command
 - d) What is more important: Velocity or Command?
- B. Breaking Ball
 - a) Curveball or slider – rotation and bite
- C. Change
 - b) Arm action – ability to slow the ball down
 - c) Action
- D. Other
 - a) Split, Forkball, Knuckle
 - b) Command of off-speed pitches
 - c) Overall control
- E. Delivery
 - a) Mechanics (Athletic Actions)
 - i. Natural arm swing
 - ii. Arm Angle
- F. 6th Tool
- G. Projection
 - a) Increase in velocity
 - b) Health risk

SESSION: Friday, January 20, 2012, 3:15PM-4:00PM: Break-Out #1
TOPIC: *Breakdown of the Pitching Delivery*
PRESENTER: Rick Peterson, Renowned MLB Pitching Coach & 3P Sports Pitching Expert

Breakdown of Pitching Delivery

3p sports

Prepare.Prevent.Perform

1. Mission
 - minimize risk of injury
 - maximize performance
2. MRI of pitching delivery
 - wind up
 - set position
3. Balance is critical
4. Arm position at landing
5. Cocking phase
 - hip rotation velocity correlates with fastball velocity
6. Load to explode
7. Maximum external rotation
 - external + internal
 - 120. + 60. = 180.
8. Acceleration phase
9. Ball release
10. Deceleration phase
11. Follow through
12. "The privilege of a lifetime is to be the best of who you are and to exercise that privilege everyday" - Rick Peterson

SESSION: Friday, January 20, 2012, 3:15PM-4:00PM: Break-Out #2
TOPIC: *Building the Aggressive / Selective Hitter*
PRESENTER: Anthony Iapoce, Hitting Coordinator, Toronto Blue Jays

Building the Selective Aggressive Hitter

Get a Good Pitch to Drive

- a) You are in Control
- b) Eliminate Fears and Believe
- c) Grinding From the First Pitch
- d) Visualize and Anticipate

Be Aggressive in the Zone

- a) The Zone is the area of the plate you are anticipating the ball to be
- b) Yes, Yes, Yes, No Approach
- c) Plan – Trust –Adjust
- d) Store information and learn from previous at bats

Times to See a Pitch

- a) First Hitter makes an out on First Pitch
- b) Wild Pitcher
- c) Long Inning
- d) Gather information on the pitcher
- e) Pay it forward

Two Strike Approach

- a) 50% of your at bats are with two strikes
- b) Commit to letting the ball travel
- c) Get to the next pitch
- d) Physical adjustments
- e) Battle, Grind, Persevere

SESSION: Friday, January 20, 2012, 3:15PM-4:00PM: Break-Out #3
TOPIC: *Pre-Game Preparation: Warm-up to Pre-Game Infield*
PRESENTER: Mike Gambino, Head Baseball Coach, Boston College

- I. What are your principles? What do you want to accomplish?
 - a. For me it's NOT practice but we are working
 - b. Get body loose -- stretch, get arms hot etc
 - c. Get "baseball loose" – BP, Infield-out etc
 - d. Get mentally ready – scouting reports (KEEP IT SIMPLE!)
 - e. Trust preparation – know you can beat guys in the other dugout
- II. Create routines based on those principles, what facilities are available and schedule
- III. Batting Practice – on field
 - a. Offensively
 - i. Not the time for swing adjustments or mechanical changes
 - ii. Focused swings – each swing has a purpose
 1. Swing path
 2. Situational hitting
 3. Let it go at the end – leave ready for AB's and on positive
 - b. Defensively – Infield
 - i. Time to get hands and feet moving
 - ii. Work plays throwing to first and double plays
 - iii. Balls right at you, glove hand side and back hand
 - iv. Play some live – for young infielders this is the MOST important part
 - c. Defensively – outfield
 - i. Figure out quirks in park
 - ii. Get live reads – GET PITCHERS OUT OF THE WAY
- IV. BP – Cages
 - a. Offensively
 - i. Same basic ideas apply
 - ii. Keep swings focused and remember purpose
 - iii. Make sure it doesn't turn into cage home run derby
 - iv. Leave ready for AB's
 - b. Defensively
 - i. Not much can get done, especially for the outfielders
 - ii. Good time for "everydays" or glove drills or hands drills for infielders
- V. Infield/Outfield
 - a. Catch and throw the baseball!!!!
 - b. Clean and Crisp – doesn't need to be a million miles an hour
 - c. More about feet and legs than arms
 - d. Outfield throws are most important – they rarely get to work on that
 - e. Not a practice – finishing preparing for the game
- VI. Final Preparation
 - a. Make sure body and arm are completely ready – sometimes had to sit
 - b. Make sure gear/equipment is set
 - c. Trust preparation and know you can beat the guys in the other dugout

SESSION: Friday, January 20, 2012, 4:10PM-5:00PM: Break-Out #1
TOPIC: *PFP – Pitcher Fielding Practice: Fielding Bunts, Covering Bases & Throwing to Bases...*
PRESENTER: Ralph Treuel, Boston Red Sox Minor League Pitching Coordinator

PFP – Pitcher Fielding Practice: Fielding Bunts, Covering Bases & Throwing to Bases...

Comebackers

1. Balance
2. Footwork
3. Don't panic

Bunts

1. 1st base line
2. 3rd base line
3. Squeeze

Covering 1st

1. Proper route/angle
2. Footwork
3. In between play – communication
4. 3-6-1 Double play
5. 4-1 play

Double play

1. 1-6-3
2. 1-4-3

Short pass ball

1. Communication with catcher
2. Angle and footwork around the plate

Pick-offs and rundowns

1. Runner at 1st
2. Runner at 2nd
3. Infield in

Question and answer session

SESSION: Friday, January 20, 2012, 4:10PM-5:00PM: Break-Out #2
TOPIC: *Developing a Winning Player, The World Champion St. Louis Cardinal Way!*
PRESENTER: Gary LaRocque, Senior Special Assistant to the General Manager, and Mark DeJohn, Field Coordinator, St. Louis Cardinals

ST. LOUIS CARDINALS HISTORY AND TRADITION

- 18 N.L. PENNANTS, 11 WORLD SERIES TITLES.
- 3 WORLD SERIES IN PAST 8 YEARS.
- HALL OF FAMERS – MUSIAL, SCHOENDIENST, GIBSON, BROCK, SLAUGHTER, SMITH, HERZOG.
- BRANCH RICKEY



LEADERSHIP/VISION/GOALS

- OWNER/GENERAL MANAGER
- SCOUTING DEPARTMENT/FARM SYSTEM
- BRANCH RICKEY – GEORGE KISELL (68 YRS)
- LONGEVITY-CONTINUITY

NEWLY SIGNED PLAYER

- EXPECTATIONS – PLAYER FROM ORG – ORG FROM PLAYER
- PLACEMENT OF PLAYER TO SPECIFIC TEAM –WHERE HE CAN COMPETE AND SUCCEED.
- LET THEM PLAY, SEE WHAT SCOUTS SAW IN THEM, EVALUATE, PROFILE TOOLS BY POSITION.
- VERSATILITY – KEEP AT CERTAIN POSITION OR USE PLAYER AT DIFFERENT POSITIONS TO INCREASE HIS OPPORTUNITY OF ADVANCING AND STRENGTHING THE ORGANIZATION.
- CONSTANT EVALUATION, PROJECTION OF PLAYER IN THE ORG, INDIVIDUAL INSTRUCTION, OFF-SEASON PROGRAM DESIGNED FOR SPECIFIC PLAYER.

PROJECTION TO PERFORMANCE

- PLAYER HAS DONE ENOUGH TO REACH THE AA LEVEL, SEPARATING HIMSELF FROM OTHER PLAYERS IN THE ORGANIZATION.
- INSTRUCTION BY STAFF MEMBERS AND COACHES IS MORE DEFINED AND SPECIFIC.
- HIS PERFORMANCE (GOOD) AT THIS LEVEL BRINGS INCREASED ATTENTION TO HIMSELF BY THE ORG AND OTHERS.
- EXPECTATIONS OF THE PLAYER BY THE ORG ARE INCREASED.

PERFORMANCE REFINED

- PLAYER HAS PERFORMED GOOD ENOUGH TO REACH AAA LEVEL
- CONSISTENCY OF PLAY AT THIS LEVEL IS INCREASED AND EXPECTED.
- AGAIN INSTRUCTION BY STAFF AND COACHES ALONG WITH INPUT FROM THE MAJOR LEAGUE STAFF IS SPECIFIC AND REFINED.
- EXPECTATIONS OF THE PLAYER BY THE ORG ARE INCREASED.

ST. LOUIS CARDINAL PLAYERS, 2011 WORLD SERIES-GAMES 6,7

- MOLINA
- SCHUMAKER
- CRAIG
- MOTTE
- LYNN
- DESCALSO

SESSION: Friday, January 20, 2012, 4:10PM-5:00PM and 5:10PM – 5:50PM
Breakout Room #3

TOPIC: *Preparing and Maintaining Your Baseball Field: A Primer for High School and Youth Coaches*

PRESENTER: Bryan Barkley, Director of Turf Management, Connecticut Tigers, and Jeff Paolino, Director of Turf Management, Lowell Spinners, Minor League Affiliate of the Boston Red Sox

Preparing and Maintaining Your Baseball Field: A Primer for High School and Youth Coaches

- I **Introduction**
- II **Creating a Maintenance Plan** – Developing an organized plan, will help ensure that a safe and quality baseball facility is provided for your organization.
 - 1. **Daily Field Maintenance Plan** – Who will be responsible for the maintenance of the field?
 - a. Daily set-up routine for practices
 - b. Daily set-up routine for games
 - c. Daily break down routine for practices and games
 - 2. **Annual Field Maintenance Plan**
 - a. Spring
 - b. Fall
 - c. Winter
- III **Introduction to Common Maintenance Practices** – Familiarizing your players, staff, and/or volunteers will help provide a safe and consistent playing surface.
 - 1. **Pitcher's Mound** – Proper care will reduce the need for major renovations, as well prevent injury.
 - 2. **Home Plate Area**
 - 3. **Infield Skin**
 - a. Nail drag
 - b. Soil Conditioner
 - c. Moisture
 - d. Screen Drag
 - 4. **Base Paths**
- IV **Introduction to Turf Management** – Providing a healthy, weed and disease free turf, will help ensure a consistent, safe playing surface.
 - 1. **Fertilization and Weed Control**
 - 2. **Aeration**
 - 3. **Top Dressing**
- V **Checklist of Suggested Maintenance Equipment**
- VI **Summary and Open Discussion**

SESSION: Saturday, January 21, 2012, 8:30AM-9:15AM:
Nehantic/Pequot/Paugussett Rooms – Upper Level Mtg. Area
TOPIC: *Baseball Speed Development*
PRESENTER: Dana Cavalea, Strength & Conditioning Director, New York Yankees & Major League Strength Consultant

NOTES:

SESSION: Saturday, January 21, 2012, 8:30AM-9:15AM:
Abenaki Room - Upper Level Mtg. Area
TOPIC: *Town Hall Meeting – Video Analysis on Pitching Mechanics*
PRESENTER: Justin Blood, Head Baseball Coach, University of Hartford

Town Hall Meeting - Video Analysis on Pitching Mechanics

**Presented by Justin Blood
Head Coach - University of Hartford**

Video Pros/Cons

- **Simplify**
- **What sense is more important?**

Demonstration

- **What to look for**
 - **Load**
 - **Hand Separation**
 - **Maintaining Load**
 - **Release**

Open Analysis

- **Alex Gouin**
- **Hunter Englehart**
- **Austin Barnes**

Problem Identified – Now Fix It

- **Drills**
 - **Rhythm and Load**
 - **Rhythm/Load/Stride**
- **Playing Catch**

Video Apps

- **Tools you can use**

SESSION: Saturday, January 21, 2012, 8:30AM-9:15AM:
Shinnecock/Nipmuc Rooms - Upper Level Mtg. Area
TOPIC: *Vision Training to Improve Hitting*
PRESENTER: Harvey Ratner, HRA Sports Vision Founder

VISION TRAINING FOR BASEBALL

- SCREENING AN ATHLETE 3D VISION
- TRAINING SPEED OF RECOGNITION
- TRACKING SKILLS
- TRAINING EQUIPMENT & DRILLS
- VISION RING
- FLAT BATS
- INVERTED TEE

SESSION: Saturday, January 21, 2012, 9:30AM-10:15AM:
Nehantic/Pequot/Paugussett Rms – Upper Level Mtg. Area
TOPIC: *UConn Hitters...Drills that Have Propelled Them to National Prominence*
PRESENTER: Chris Podeszwa, Assistant Coach, University of Connecticut



- I. **Stance** = Comfortable, balanced, relaxed (K.I.S.S)
 - A. Feet & Knees
 - 1. Shoulder width / toward the dish
 - 2. Balls of feet / knees slightly bent
 - 3. Athletic, balanced, and comfortable (*knock me over?*)
 - B. Hands
 - 1. Bat in fingers
 - 2. Firm but relaxed grip (*Sheffield drill*)
 - 3. “V” in wrists and elbows
 - 4. Top of zone / above back shoulder
 - 5. Elbows relaxed (*tee work*)
 - C. Chest and Head
 - 1. Stay tall (On the plane)
 - 2. Eyes level (*numbered plate drill*)
- II. **Swing** = Load, Trigger, Fire
 - A. Load – most important part of swing
 - 1. Negative movement (weight back) (*single leg lift drill*)
 - 2. Quiet shoulders (STAY STACKED)
 - 3. Lower half (sink into it, hip, heel, or toe)
 - 4. Hands – Reverse “C”
 - 5. Energy and Torque – (launching mechanism)
 - B. Trigger
 - 1. Lower half must start the swing (*pre-fired drill*)
 - 2. Back knee triggers – maintain tall back side (*decline drill*)
 - 3. Plant the heel – “stay back” (*incline drill*)
 - C. Fire
 - 1. Backside fires – explode through the ball (*Happy Gilmore*)
 - 2. Bottom hand / knob to the ball (*one hand drills*)
 - 3. Hands inside the ball / front of sternum
 - 4. Contact top inside half of the ball (*high tee drill*)
 - 5. Palm up / palm down
 - 6. Both hands extension through the ball / two balls
 - 7. Finish low and level through the ball (*low tee drill*)
 - 8. Keep it fair with backspin

SESSION: Saturday, January 22, 2011: 9:30AM-10:15AM:
Abenaki Room - Upper Level Mtg. Area

TOPIC: *7 Reasons for Athletic Inconsistency / What Keeps an Athlete from Being in the Zone (repeat session)*

PRESENTER: Buddy Biancalana, Co-Founder of PMPM Sports Zone Training & Past MLB Player/Coach

1. The Fluid Motion Factor:

Moving signals through the brain
Enlivening the fast twitch muscles

The Relationship between the Mind and Body:

The surface level of the mind and the large muscles
Deeper, quieter levels of the mind and the fast twitch muscles

2. Sports as a Series of Gaps:

What athletes experience when playing their best
Understanding where motion originates
Gaps in other areas of life

3. The Quality of the Gap Determines the Quality of the Motion:

The 3 and 0 pitch when a hitter is taking
The second golf shot
The tennis shot that's 2 inches out

4. Don't React to Information Before it is Necessary:

Dr. Fred Travis' research
Roger Federer-catching opponents flat footed

5. The DNA Goal of the Sport:

Will never be forgotten
What to do with it

8. The Inverse Relationship Between Strong Intention and Execution:

Strong intention and the DNA Goal
Ortiz, Federer, Bobby Jones and Tiger-cryptic comments

9. Injury Prevention:

Eliminating the tug of war between muscles
Reducing fatigue



SESSION: Saturday, January 21, 2012, 9:30AM-10:15AM:
Shinnecock– Nipmuc Rooms- Upper Level Mtg. Area
TOPIC: *Fundamentals of Outfield Play*
PRESENTER: Mike Gambino, Head Baseball Coach, Boston College

- I. Two most important things/Misconceptions
- II. Principles – very important
 - a. Catch the ball
 - b. Keep double play in order!!!!
 - c. Don't give extra bases
 - d. Throws we can handle are more important than how hard we throw it
 - e. Always some place to go – every play, always involved
 - f. Old little league saying “know what I'm going to do with the ball”
- III. Pre-Pitch
 - a. Positioning by hitter/pitcher/count
 - b. Get ready and get ready on time
 - c. Assume every ball hit is getting through infield
 - d. Know situation – score, inning, outs, batter, runners on base, etc
 - e. Back to principles – what will I do with the ball
- IV. Fly Balls
 - a. Don't drift – get behind the baseball
 - b. Two hands ? -- Depends
 - c. Men on base
 - i. Get behind baseball
 - ii. Feet ready to throw
 - iii. Know where to throw baseball (goes back to principles)
 - iv. Throws we can handle – back to principles
- V. Ground Balls
 - a. Get to it quickly, control the ball, stop runner (back to principles)
 - b. Field like an infielder
 - c. Run through
 - d. Do-or-die
- VI. Throws
 - a. Back to principles
 - b. Know where infielders are, helps make decision
 - c. Through the head of the cut man
 - d. Long hop!!!!

SESSION: Saturday, January 21, 2012, 10:30:AM-11:15AM:
Nehantic/Pequot/Paugusset Rooms – Upper Level Mtg. Rooms
TOPIC: *The Professional At-Bat Pyramid: Getting Ready for Every At-Bat*
PRESENTER: Anthony Iapoce, Hitting Coordinator, Toronto Blue Jays

The Three Phases of the Process Pyramid

Pregame and Accountability

- 1) Opposing Pitchers Scouting Report
- 2) Early Work
- 3) Batting Practice
- 4) Pregame Routine
- 5) Mental Preparation Before the Game

In Game and Attitude

- 1) Talk in the Dugout
- 2) Ready in the Hole
- 3) On Deck Routine
- 4) Walk to the Plate

In Box and Confidence

- 1) In Box Routine
- 2) Every Pitch Matters
- 3) Know the Situation
- 4) Trust in Approach and Plan
- 5) See the Ball
- 6) Breath, Relax, Respond

SESSION: Saturday, January 21, 2012, 10:30AM-11:15AM:
Abenaki Room – Upper Level Mtg. Area

TOPIC: *Countdown to Opening Day: High School Coaches Checklist from First Practice to First Game*

PRESENTER: John Schiffner, Manager of the Cape Cod League's Chatham A's & Plainfield CT High School Coach

- A. Pre-Season Organization
 - 1. Physicals and permission slips
 - 2. Meeting with parents and Athletic Director
 - 3. Finalize scrimmages, with rain dates
 - 4. Finalize schedule with other schools with dates and TIMES
 - 5. Check with teachers of players about any issues
 - 6. Coordinate gym times with Athletic Director and other spring coaches and any outside organization that uses your gym. Cut down on surprises
 - 7. If you share your field with other teams, coordinate their schedules. No surprises!
 - 8. Get cell phone numbers of :
 - a. Bus coordinator
 - b. Athletic Director
 - c. Principal
 - d. Umpire Assignment Chair
 - e. Head of Maintenance
 - f. Begin to form your cell phone group of your players
 - 9. Post Tryout dates and Times throughout the building
 - 10. Utilize Pitchers and Catchers Week with veteran players to establish their part of the program. Begin the process of a pitching rotation
- B. Tryouts
 - 1. Opening address regarding team goals and rules of the program
 - 2. Put seniors and veteran players in charge of basic drills, they know the "drill."
 - 3. Even as tryouts are going on begin to get your returning players in game shape as soon as possible.
 - 4. Get your pitchers on what should/might be their spots in the rotation
- C. Post Tryouts-First Week
 - 1. Establish leadership responsibilities for the veteran players
 - 2. Reinforcement your opening remarks regarding goals and expectations
 - 3. Start on your basic practice schedule
 - 4. Suggestions
 - a. First 3-4 days lots repetition
 - b. Inter-squad as often as you can
- D. Overall Questions

SESSION: Saturday, January 21, 2012, 11:30AM-12:15PM:
Nehantic/Pequot/Paugussett Rms – Upper Level Mtg. Area
TOPIC: *Cuts and Relays to “Perfection”*
PRESENTER: Roger Bidwell, University of Connecticut/Avery Point Head Coach

CUTS AND RELAYS TO “PERFECTION”

1. Mechanics of the relay and throw
 - Drills
2. Piggy-back relay
 - Responsibilities of SS, 2B
 - Double cut
3. Play at plate.
4. Play at 3B.
5. Play at 2B.
6. Tag plays.
7. Qualities looking for with infielders.
8. Outfielders responsibilities.
9. When to challenge lead runner.



SESSION: Saturday, January 22, 2011, 11:30AM – 12:15AM:
 Abenaki Room – Upper Level Mtg. Area
TOPIC: *5 Things You Can Do to Quickly Improve Your Pitchers*
PRESENTER: Wayne Mazzoni, Pitching Coach, Sacred Heart University

<u>Pre-Season Pitching Development Program</u>	Wayne Mazzoni, SHU Baseball										
	<p><u>Key Principal #1 - Forward Momentum at Knee Lift</u></p> <ol style="list-style-type: none"> 1) Do or die outfield throw. 2) Walk up to rubber 3) Practice falling <ol style="list-style-type: none"> a) wall b) partner c) partner catch or move 										
	<p><u>Key Principal #2 - Head Behind Hip/Stay Back/Tilt</u></p> <ol style="list-style-type: none"> 1) QB 5 yard out. QB 70 yard bomb 2) Major punch 3) Into wall 4) Med ball throw 										
	<p><u>Key Principal #3 - Stride Length</u></p> <ol style="list-style-type: none"> 1) Towel drill 2) Single leg strength, hamstring, flexibility 										
	<p><u>Flaws & Fixes</u></p> <table border="0"> <tr> <td>Across body</td> <td>Wrong arm path</td> <td>Front side post up</td> </tr> <tr> <td>Opening too soon</td> <td>Arm up to early</td> <td></td> </tr> <tr> <td>Head Tilt</td> <td></td> <td></td> </tr> </table>		Across body	Wrong arm path	Front side post up	Opening too soon	Arm up to early		Head Tilt		
Across body	Wrong arm path	Front side post up									
Opening too soon	Arm up to early										
Head Tilt											
mazzoniw@sacredheart.edu		203.260.4932									

SESSION: Saturday, January 21, 2012, 11:30AM – 12:15AM:
Shinnecock/Nipmuc Meeting Rooms – Upper Level Mtg. Area
TOPIC: *Proper Catching Set-up and Calling the Game: Things to Look for in Hitters*
PRESENTER: Mike Leonard, Head Baseball Coach, Bates College

- I. Catching Stance Basics
 - a. Signal giving, receiving, block and throw
 1. Each has different objective so they have different set up
 - b. Style
 1. Multiple correct stances
 2. Some universal concepts
 1. Target, balance, mobility
 - c. Receiving Not Framing
 1. Catcher's job is to receive the ball and give presentation to umpire
 2. More likely to make a strike a ball than a ball a strike
 3. Best catchers are barely noticed
- II. Pitch Selection and Calling a Game
 - a. Who is calling the game?
 1. Pitcher, Catcher or Coach
 - b. Team against hitter
 1. Role of Catcher
 2. Role of Pitcher
 3. Role of Coach
 - c. Have a plan
 1. Know the hitter
 2. Know the situation
 3. Know the base runners
 - d. Wrong pitch with conviction is better than the right pitch without it
 - e. Know your pitcher's pitches
 1. Pitcher and catcher need to know what the pitcher's #1, #2, #3 pitches are
 - f. Use your resources and be a student of the game
 1. Charts, coaches, each other
- III. Things to Look for in Hitters
 - a. Hands
 1. Away from body or in close
 2. Held high or held low
 - b. Bat Speed
 1. Don't speed up a hitter's slow bat with off speed
 - c. Distance from Plate
 1. On the plate or off the plate
 - d. Know what they did last at bat
 - e. Know who is on deck

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