



2024 Event Information & Session Outlines

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Since 2014, we've made it our mission to be the best in the youth fundraising space. As we've worked closely with athletic and activity directors and their departments, we've seen the challenges they face. True to our mission, we've grown beyond fundraising and have built a platform and an app to provide industry-leading solutions.



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January 2024

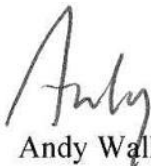
Dear Coach,

Welcome to the **2024 Mohegan Sun World Baseball Coaches' Convention!** We are excited to have you here and we applaud your dedication to coaching excellence. Our mission is to provide you with the very best in coaching education, and toward that end we have secured outstanding clinicians and designed a curriculum that addresses all levels of play and a range of coaching areas. Here are a couple of 2024 convention notes:

- You will find a **schedule** in this handout. We will update this schedule as needed on our mobile-friendly website – BaseballCoachesClinic.com. We also have a full version of this handout available on our website.
- One of the things that makes this event exceptional is our use of Mohegan Sun's incredible Expo Center, where we offer interactive learning sessions on our **Salt City Sports Demo Infield** and at the **On Deck Sports Batting Cage**. These sessions complement our teaching sessions in Earth Ballroom A & B throughout the clinic.
- We will provide you with **FREE post-event access to videos of most of our convention sessions**, so you can refer to them throughout the year or watch sessions you missed. Approximately two weeks following the clinic, we will send you an email with instructions on how to access these videos. They will be available to you on our website for a full year.
- **Please join us at our Coaches' Social presented by Snap! Mobile & Salt City Sports** on Friday evening from 5:30–6:45 PM in the Expo Center Hall. Complimentary beer and snacks will be served, our exhibitors will be available, and it'll be a great time to spend time with our presenters and catch up with your coaching colleagues.

As always, we thank our presenters, who have come here to generously share their knowledge of America's national pastime. A special thanks to our title sponsor, Mohegan Sun; and to all our sponsors and exhibitors, whose support helps make this event possible.

Yours in baseball and coaching,


Andy Walker


Roger LaFrancois


Pete Walker


Paul Sturges


Rick Orluk

www.BaseballCoachesClinic.com



WORLD BASEBALL EVENT SCHEDULE

Thursday, January 11, 2024:



Session Times	Location	Presenter	Topic
4:45pm - 8:45pm	EVENT REGISTRATION OPEN		
6:00pm	CLINIC STARTS: EXPO CENTER & BREAK-OUT ROOMS OPEN		
6:15pm - 7:00pm	Break-Out #1	Dr. Barry Davis , Rider University Head Coach	<i>The Unseen Skills of The Great Coach: A Deeper Dive into Excellence</i>
	On Deck Sports Batting Cage	Todd Interdonato , Boston College Head Coach	<i>Developing a Hitting Approach</i>
	Salt City Sports Demo Field	Steve Trimper , Stetson University Head Coach	<i>Defending Against the Running Game: Position-by-Position</i>
7:15pm - 8:00pm	Break-Out #1	Butch Thompson , Auburn University Head Coach	<i>Constraints, Coaches, Courage: Drills, Tools and Competition to Develop Pitchers</i>
	Break-Out #2	Steve Trimper , Stetson University Head Coach	<i>Running the Bases Aggressively to Help Score Runs</i>
	On Deck Sports Batting Cage	Ty Blankmeyer , Duke University Assistant Coach	<i>Individual Infield Skills</i>
	Salt City Sports Demo Field	Dan Fiorito , New York Yankees Coach	<i>Outfield Fundamentals: Drills Demo</i>
8:15pm - 9:00pm	Break-Out #1	Kerrick Jackson , University of Missouri Head Coach	<i>We are in the PEOPLE Business: Why a Strong Team Culture Matters</i>
	Break-Out #2	Todd Interdonato , Boston College Head Coach	<i>Catching 101</i>
	On Deck Sports Batting Cage	Matthew Kress , Driveline Baseball	<i>PULSE and Pitching: Drills Included</i>
	Salt City Sports Demo Field	Todd Donovan , Philadelphia Phillies Scout & Ray Montgomery , Los Angeles Angels Bench Coach	<i>The Art of Basestealing: An Interactive Walk Around the Bases to Discuss Baseball's Best Baserunning Secrets</i>
9:00pm	EXHIBITOR ZONE CLOSSES FOR DAY		
9:15pm - 10:00pm	Break-Out #1	Nick Puccio , Penn State University Assistant Coach	<i>Team Offense: It's About Scoring Runs - Building A Dynamic Offense in All Three Phases</i>
	Break-Out #2	Jeff Hourigan , UConn Associate Head Coach	<i>Practice Planning: Optimizing Your Time on the Field</i>
10:00pm	CLINIC CONCLUDES FOR DAY		

*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.



COMPLIMENTARY COFFEE FOR ATTENDEES & EXHIBITORS ON FRIDAY MORNING:

Complimentary coffee courtesy of **Salt City Sports** will be served in their booth (#318) beginning at 9:00AM on Friday morning. Stop by and learn more about their beautiful baseball/softball tournament facility in Syracuse N.Y.

WORLD BASEBALL EVENT SCHEDULE

Friday, January 12, 2024:



Session Times	Location	Presenter	Topic
7:45am – 5:00pm	EVENT REGISTRATION OPEN		
8:00am	CLINIC BREAK-OUT ROOMS OPEN		
8:15am - 9:00am	Break-Out #1	Mike Glavine , Northeastern University Head Coach	<i>Practice Planning for Developing Hitters: Drills, Checkpoints, Videos, Etc.</i>
	Break-Out #2	Mark Leinweaver , MLB Agent & Motivational Speaker	<i>Why Character Matters: An Interactive Workshop</i>
9:00am	EXHIBITOR ZONE IN EXPO CENTER HALL OPENS		
9:00am - 4:00pm	Peeping Frog Room	Futures League Meeting	
9:15am - 10:00am	Break-Out #1	Butch Thompson , Auburn University Head Coach	<i>All 3 Acres: Overall Tips Through the Years for Head Coaches</i>
	Break-Out #2	Dr. Josh Heenan , Founder and President, Advanced Therapy and Performance (ATP)	<i>Buying Wins for Zero Dollars: Building Athletes & Culture Through the 90 MPH Formula</i>
	On Deck Sports Batting Cage	Eric Campbell , Past MLB Player & Lumber2Leather Founder	<i>Hitting Drills for Players of All Levels</i>
	Salt City Sports Demo Field	Steve Trimper , Stetson University Head Coach	<i>Infield Drills to Improve Your Team's Defense</i>
10:15am - 11:00am	Break-Out #1	Mike Glavine , Northeastern University Head Coach	<i>Building A Team Offense the Northeastern Way</i>
	Break-Out #2	Mike Leonard , Middlebury College & Devin Hayes , Detroit Tigers	<i>Holistic Player Development for Today's Athlete: Acquiring New Content - PART 1</i>
	On Deck Sports Batting Cage	Chris Holt , Baltimore Orioles Director of Pitching	<i>Getting the Most Out of Your Bullpen Sessions</i>
	Salt City Sports Demo Field	Nick Puccio , Penn State University Assistant Coach	<i>Winning 90 Feet: The Art of Changing the Game on the Bases</i>
11:00am – 1:10pm	Thunder/Harvest/Hot Suns Rooms	NEIBA Meeting	
11:15am - 12:00pm	Break-Out #1	Dennis Pelfrey , San Francisco Giants AA Richmond Squirrels Manager	<i>Artistry of Coaching the Bases</i>
	Break-Out #2	Dr. Barry Davis , Rider University Head Coach	<i>Program Building: Ordinary to Extraordinary</i>
	On Deck Sports Batting Cage	Peter Fatse , Boston Red Sox Hitting Coach	<i>Hitting Demo #1: Building Your Lead Up Progressions from the Ground Up</i>
	Salt City Sports Demo Field	Eric Campbell , Past MLB Player & Lumber2Leather Founder	<i>Corner Infield Play</i>
12:00pm – 1:10pm	EXHIBITOR TIME/LUNCH BREAK		

*Program, topics and presenters are subject to change.
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No videotaping of event sessions is allowed.*

WORLD BASEBALL EVENT SCHEDULE

Friday, January 12, 2024 (Continued):

Session Times	Room	Speaker	Topic
12:00pm - 1:10pm	On Deck Sports Batting Cage	Exhibitor Demo	Exhibitor Demo
12:15pm - 1:00pm	Break-Out #1	Nick Puccio & Ty Blankmeyer with Wayne Mazzoni	<i>Recruiting 2024: Get All Your Questions Answered - An Informal Q & A Session</i>
1:15pm - 2:05pm	Break-Out #1	Chris Holt , Butch Thompson & Mike McFerran moderated by Pete Walker	<i>Pitching vs. Throwing: Where Have All the Pitchers Gone?: A Panel Discussion</i>
	Break-Out #2	Jeff Hourigan , UConn Associate Head Coach	<i>Practice Planning for Individualized Skill Development</i>
	On Deck Sports Batting Cage	Paul Lancisi & Dove Tail Bats Staff	<i>Dove Tail Bats – Training Tools Demo</i>
	Salt City Sports Demo Field	Nick Derba , University of Maine Head Coach	<i>Catching: Blocking, Receiving & Using Stances Situationally</i>
2:20pm - 3:10pm	Break-Out #1	Led by Peter Fatse , Boston Red Sox Hitting Coach, with Missouri's Kerrick Jackson , UConn's Jeff Hourigan , and Babson's Matt Noone	<i>Building a Team Offensive Identify from Amateur Baseball to the Big Leagues: A Hitting Roundtable with Audience Q & A</i>
	Break-Out #2	Mike McFerran , Wake Forest University Pitcher's Lab	<i>Modern Pitching Development: Designing to Win</i>
	On Deck Sports Batting Cage	Ty Blankmeyer , Duke University Assistant Coach	<i>Infield Skill Acquisition in Small Spaces</i>
	Salt City Sports Demo Field	Dr. Josh Heenan , Founder and President, Advanced Therapy and Performance (ATP)	<i>Individualized Performance Enhancement Through a 10-Minute Warm-Up</i>
3:25pm - 4:15pm	Break-Out #1	Butch Thompson , Auburn University Head Coach	<i>Building a Reliever: Role... Routine...Real Time</i>
	Break-Out #2	Mike Leonard , Middlebury College & Devin Hayes , Detroit Tigers	<i>Holistic Player Development for Today's Athlete: Applying New Content - PART 2</i>
	On Deck Sports Batting Cage	Peter Fatse , Boston Red Sox Hitting Coach	<i>Hitting Demo #2: "Making Practice Messy" - How to Add Challenge to Your Team's Training</i>
	Salt City Sports Demo Field	Dan Fiorito , New York Yankees Coach	<i>Position Specific Infield Drills Demo</i>
4:00pm - 7:00pm	Wolf Boardroom	New England Collegiate Baseball League Meeting	
4:30pm - 5:30pm	Break-Out #1	Kerrick Jackson , University of Missouri Head Coach	<i>Implementing Your Team Culture</i>
	Break-Out #2	Nick Derba , University of Maine Head Coach	<i>A Toolkit to Build and Enhance Your Catchers</i>
	On Deck Sports Batting Cage	Zack Jones , Driveline Baseball	<i>The Big Three: With Drills to Improve Your Hitting</i>
	Salt City Sports Demo Field	Chris Holt , Baltimore Orioles Director of Pitching	<i>Optimizing Your Pitcher's Success: Upgrading Their Arsenal (Deliveries, Grips, Etc.)</i>
5:30pm - 6:45pm	Exhibitor Zone	Coaches' Social presented by Snap! Mobile & Salt City Sports Drinks, Snacks & Networking with Fellow Coaches and Presenters	
6:45pm	EXHIBITOR ZONE CLOSES & CLINIC CONCLUDES FOR DAY		

Join Us Friday Night for a Coaches' Social



5:30 – 6:45PM: Mohegan Sun Expo Center/Exhibitor Zone
Complimentary Drinks & Snacks

presented by Snap! Mobile & Salt City Sports



WORLD BASEBALL EVENT SCHEDULE

Saturday, January 13, 2024:



Meeting Location Note: All Saturday morning baseball sessions will take place in the Expo Center Meeting Rooms immediately to the left as you enter the Expo Center.

Session Times	Room	Speaker	Topic
7:45am – 10:00am	EVENT REGISTRATION OPEN		
7:45am	CLINIC STARTS: EXPO CENTER & BREAK-OUT ROOMS OPEN		
8:30am - 9:15am	Thunder/Harvest/ Hot Suns Room	Dr. Barry Davis , Rider University Head Coach	<i>Leadership and Program Building Roundtable</i>
	Strawberry/Maple Sugar Rooms	Mike McFerran , Wake Forest University Pitcher's Lab	<i>So You Want to Build a Pitching "Lab"?</i>
	Peeping Frog Room	Alex Trezza , Past Collegiate Coach & GameChanger	<i>Unlocking the Power of GameChanger for Player Development: Simple and Free Video Management Approaches</i>
8:30 am - 3:00 pm	Wolf Boardroom	New England Collegiate Baseball League Meeting	
9:30am - 10:15am	Thunder/Harvest/ Hot Suns Room	Dr. Josh Heenan , Founder and President, Advanced Therapy and Performance (ATP)	<i>Baseball Strength & Conditioning Approaches: An Interactive Discussion</i>
	Strawberry/Maple Sugar Rooms	Dennis Pelfrey , San Francisco Giants AA Richmond Squirrels Manager	<i>Mastering the Art of Running the Bases</i>
	Peeping Frog Room	Mike Regan , Mental Performance Mastery Certified Coach	<i>A Daily Mental Practice for Peak Performance</i>
10:30am - 11:15am	Thunder/Harvest/ Hot Suns Room	Nick Derba , University of Maine Head Coach	<i>IPS (Individual Position Skills): Everyday Fundamentals for All Positions</i>
	Strawberry/Maple Sugar Rooms	Matt Hyde , New York Yankees Scout	<i>Preparing Players for the Next Level: What Scouts and Coaches are Looking For</i>
	Peeping Frog Room	Wayne Mazzoni , Recruiting Expert & Past D1 Baseball Coach	<i>Today's Recruiting Process: Ten Things to Know!</i>
11:30am – 12:15pm	Thunder/Harvest/ Hot Suns Room	Joshua Rodrigues , Baltimore Orioles Coach	<i>Leading with Fundamentals: Mastering the Art of Player Skill and Situational Development</i>
12:15pm	2024 CLINIC CONCLUDES		

Looking for lunch, a snack or a drink? The MOHEGAN SUN EXPO CENTER CONCESSION Stand is open from 8AM to 5:30PM on Friday and opens again on Saturday morning at 7AM. It is located at the entrance to the Exhibitor Zone.

Baseball attendees are encouraged to enter the Exhibitor Zone and visit our exhibitors on Saturday morning. Just show your credentials to our Security Monitors.

No videotaping of event sessions is allowed.

www.BaseballCoachesClinic.com

**2024 Mohegan Sun World Baseball and Softball Coaches' Convention
Exhibitor Booth Locations**

Exhibitor	Exhibitor Booth #	Exhibitor	Exhibitor Booth #
ATM Sports	104	Pocket Radar	117
Ballparks of America/Sho-Me Baseball	108	Porta Phone Co.	224
BATCO	111	Portolite Pitching Mounds	107 & 109
Bownet Sports	121	ProTime Sports Inc.	500 & 502
C & C Baseball and Apparel	325	Putnam Science Academy	213
CES	112	Rango Sports	324
Coaches Video	221	Rawlings / Easton	305
Cooperstown Bat Company	113	Rob Monte Art	527
CT SportsPlex	309	SANMAR	208
Decker Sports	220	Salt City Sports	318
Dove Tail Bats	408	SCORE Sports	418
Dream Bats	226	Snap! Mobile	311
Driveline Baseball	319	Softball Climate	309
Eli's Springback Tee	219	Sports Paradise	127
431 Sports	122	Strength Pro Inc.	211
GameChanger	310	Team Orders	223
Game One	228	The Blocking Buddy	504
Get Set Marketing	124	The Kelly Rodman Baseball Foundation	529
Gold Athletics	110	Tucci Limited Sports	126
JUGS Sports	128	Tyrus Baseball Products	118
Lasorda Legacy Park	125	USA Baseball	210
Launchpad Thumb Guard	525	USA Elite Training	506 & 508
Leading Edge Fundraising	120	USA Softball	510
Long Island Hot Stove Baseball	222	Walla International/Click Heaters	123
NFP Sports	523	Walter Bat Company	206
On Deck Sports	205	Wilson Sporting Goods Co.	217
Perfect Swings USA	129	USA Tournament Series	114
Performance Pitch	321	Victus Sports	541
Planet Fastpitch	319	X-Grain Sportswear	105

We thank you in advance for supporting our convention exhibitors and encourage you to patronize them throughout the year. You can find an exhibitor listing with their website addresses on our website.

2024 Exhibitor Zone Map

Demo Infield
presented by
Salt City Sports

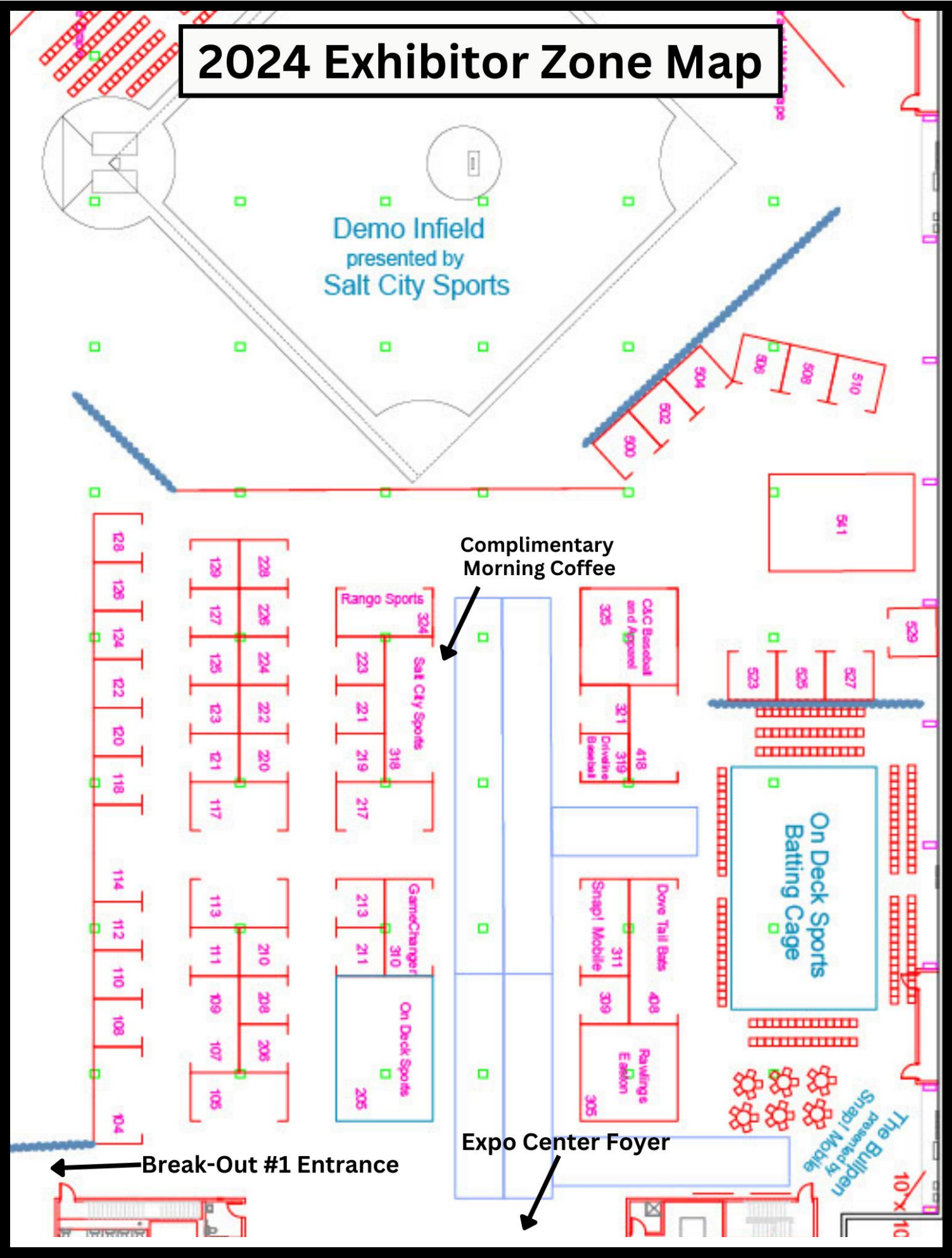
Complimentary
Morning Coffee

On Deck Sports
Batting Cage

Expo Center Foyer

Break-Out #1 Entrance

The Bullpen
presented by
Snap! Mobile



SESSION: Thursday, January 11, 2024, 6:15PM – 7:00PM: Break-Out #1
TOPIC: *The Unseen Skills of The Great Coach: A Deeper Dive into Excellence*
PRESENTER: Dr. Barry Davis, Rider University Head Coach

The Unseen Skills of the Great Coach: A Deeper Dive into Excellence

- I. What the HELL was I Thinking?
- II. My Point of View.
- III. Emotional Intelligence.
- IV. The Old World vs. The New World.
- V. Experience
- VI. REFLECTION / Be a LEVEL 10



Go to my website, subscribe, and get a FREE pdf:
The Five Pillars: Turing Losing Teams Into Winners

Website: barry@drbarrydavis.com

LinkedIn: <https://www.linkedin.com/in/drbarrydavis42/>

YouTube: <https://www.youtube.com/@dr.barrydavis>

Twitter: [@BarryDavis42](https://twitter.com/BarryDavis42)

SESSION: Thursday, January 11, 2024, 6:15PM – 7:00PM: Salt City Sports Demo Field
TOPIC: *Defending Against the Running Game: Position-by-Position*
PRESENTER: Steve Trimper, Stetson University Head Coach



STETSON BASEBALL

Steve Trimper, Head Coach, Stetson University
Defending the Running Game

1st Base

Positioning (1,2,3,4)
1st move throws from LHP
Pick off's: Holding the bag
Coming off bag with LHH vs RHH

Middle Infielders

Bag Coverage
Tag Plays
Holding The Runner
Pick Offs From Both 2nd And SS

3rd Base

Positioning (1,2,3,4)
Tag Plays
1st and 3rd play: Hands up For Ball

Catchers

1st and 2nd Runners: picking a base
1st and 3rd Runners: defending the play

All Infielders

Run downs
1st and 3rd coverage



Blue Collar
Character
Integrity
Excellence
Commitment



SESSION: Thursday, January 11, 2024, 7:15PM – 8:00PM: Break-Out #1
TOPIC: *Constraints, Coaches, Courage: Drills, Tools and Competition to Develop Pitchers*
PRESENTER: Butch Thompson, Auburn University Head Coach



"Constraints, Coaches and Courage": Drills, tools and competition to develop pitchers.

FRESHMAN PLATE - WEAKNESS IS SLOW TO PLATE, ELEVATED ARSENAL, AND POOR COMMAND TO GLOVE SIDE.

DRILL #1 TO START YOUR CAREER AND COMBAT FRESHMAN PLATE - CATCHER GLOVE FLASH, STRING, STOPWATCH

STRING

2,3,4 CATCHERS

2 HITTERS

PICK TO 1B

PICK TO 3B

YOU CAN NEVER REPEAT THE SAME DELIVERY TWICE! WE ARE HERE TO WORK ON YOUR GAME NOT YOUR MECHANICS!

Butch Thompson
butchthompson@auburn.edu

www.BaseballCoachesClinic.com

SESSION: Thursday, January 11, 2024, 7:15PM – 8:00PM: Break-Out #2
TOPIC: *Running the Bases Aggressively to Help Score Runs*
PRESENTER: Steve Trimper, Stetson University Head Coach



STETSON BASEBALL

Steve Trimper, Head Coach, Stetson University

RUNNING THE BASES AGGRESSIVELY TO HELP SCORE RUNS

PRACTICE THE WAY YOU WANT TO PLAY

Home to First

- Infield ground ball
- Proper Cornering on turns

First Base

- Traditional vs. Vault lead (Primary leads)
- Secondary leads
- Stealing a base

Second Base

- Stealing 3rd with the coach
- 2 out leads
- 5 yard box drills

Third Base

- Primary and Secondary leads
- Tag plays
- 1st and 3rd offense: when to call the play?

Sliding

- Why we slide
- Figure "4" or bent leg slide
- Slides into home plate to avoid tag

Singles and Doubles Circuits

Dirt Ball Reads and Bunting Drills

Live BP Base Running



Blue Collar
Character/Integrity/Excellence/Commitment

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SESSION: Thursday, January 11, 2024, 7:15PM – 8:00PM: On Deck Sports Batting Cage
TOPIC: *Individual Infield Skills*
PRESENTER: Ty Blankmeyer, Duke University

 **DAILY DEVELOPMENT FOR INFIELDBERS**

- DEFENSIVE IDENTITY
 - Want the Ball
 - Own your Space
 - Dance with the Baseball
- Pillars of Development
 - Ball Security
 - Rhythm/Hop Selection
 - Range/Reaction
- Imagination....
 - Why is it important?
 - For a player and his development?
 - For coaches?
 - Less kids playing multiple sports!
 - From the Northeast! Its Cold in January-March
- Re-Thinking Catch Play...
 - Having a Catch vs Playing Catch
 - What does the game demand?
 - Case Study
- Implementation of Daily Process for Infielders
 - What is the right amount of reps?
 - Live vs fungo
 - Workload management
 - Skill acquisition vs Game Like
- Vulnerability Based Trust

SESSION: Thursday, January 11, 2024, 8:15PM – 9:00PM: Break-Out #1
TOPIC: *We are in the PEOPLE Business: Why a Strong Team Culture Matters*
PRESENTER: Kerrick Jackson, University of Missouri Head Coach



MIZZOU BASEBALL



WE ARE IN THE PEOPLE BUSINESS :
WHY A STRONG TEAM CULTURE MATTERS

I. WHAT IS CULTURE, BESIDES THE LATEST “BUZZ WORD”?

II. WHAT IS AT THE CENTER OF OUR CULTURE?

III. THE STANDARDS AND CORE VALUES, SET THE FOUNDATION.

IV. YOU MUST LIVE IT!!



SESSION: Thursday, January 11, 2024, 8:15PM – 9:00PM: Break-Out #2
TOPIC: *Catching 101*
PRESENTER: Todd Interdonato, Boston College Head Coach

Boston College Baseball

Catching 101



Catchers Extended Warm Up:

- Cross Bounce Series
- Slow/Exaggerated Blocks with Bounce
- Duck Walks
- Alligator Walks with Resets

Catchers Daily Drill Package

- Lobster Claws with Tennis Balls – with 5lbs RB
- Mixed Bucket of Ball – Barehand – with 5lbs RB
- Down to Up – 3 Steps - with 5lbs RB
- Glove Blocks – One Knee Feed

Receiving Progression – Out of Hand

- FBs, SL (from ground), CH
- Primary & Secondary – 3/3 Mix
- LHP BBs from Machine
- Predictable vs Unpredictable Misses

Blocking Progression

- Glove Blocks – Partners - On Feet Feed
- Live Blocks – Partners - On Feet Feed
- Live Bocks – Snake – On Feet Feed
- Predictable Sequencing
- Unpredictable Sequencing

Throwing Progression

- To 3B/2B/1B
- Ball First, 60%, 90%
- Mechanics & Individual Evals

P2s

- Off the Machine
- No Catch – Mask Off
- No Catch – Mask On
- Catch – Mask Off
- Catch – Mask On

Evaluation of Catchers as Part of The Defense

- RPs/MPs/B2Bs/Es
- Skill Set – Their Mechanics
- Primary & Secondary Set Up

SESSION: Thursday, January 11, 2024, 9:15PM – 10:00PM: Break-Out #1
TOPIC: *Team Offense: It's About Scoring Runs - Building A Dynamic Offense in All Three Phases*
PRESENTER: Nick Puccio, Penn State University Assistant Coach



BASEBALL

Nick Puccio
Assistant Coach
Recruiting Coordinator

Nittany Lion Baseball
The Pennsylvania State University Medlar Field at
Lubrano Park, Suite 230 University Park, PA 16802
n.puccio@psu.edu

DEVELOPING A TEAM OFFENSE

-WIN THIS PITCH!

-Three Phases of Offense

- Approach
- Short Game/Situational Offense
- Baserunning

-Types of Training

- Feels
- Intermediate
- Challenge

-Practice Habits

- Environment
- What do you Value?
- Timing
- Launch
- Separation

-IDENTITY!

-TRACK AND PROMOTE WINNING BASEBALL

-Approach

- Types Of Approach
- Learning your Zones
- Understanding a pitcher's plan
- 2 Strike Hitting

-Practicing Baserunning / Situational Offense

- Chaos Offense
- Prioritize Baserunning in practice
- Winning Baseball
- Basestealing Comp

SESSION: Thursday, January 11, 2024, 9:15PM – 10:00PM: Break-Out #2
TOPIC: Practice Planning: Optimizing Your Time on the Field
PRESENTER: Jeff Hourigan, UConn Associate Head Coach



UConn Baseball Practice Planning

Optimizing Your Time on the Field

- 1. Recruit Help**
 - a. Team Managers
 - i. Student Help
 - b. With different skill sets if possible
 - i. Baseball experience, tech experience or just willing to help and learn
- 2. Understand Your Personnel (Team)**
 - a. Physical Traits
 - i. Speed, Contact, Power, Solid Defense
 - b. Mental Traits
 - i. Strong emotionally, Fragile emotionally, Competitive, Passive
 - c. Experience
 - i. Youth, Veterans or good mix
- 3. Understand Your Timeframe and Facilities**
 - a. Efficient with your Time
 - i. Key to implementing the most you can while being effective
 - ii. Facilities
 - b. Actual Practice Time
 - i. Amount of time you have
 - c. Preseason Fall
 - d. Preseason Spring
 - e. In Season
- 4. Communication**
 - a. Coaches
 - b. Support Staff
 - i. Athletic Trainer, Administration, Strength Coach, Equipment Managers and Team Managers
 - c. Players
- 5. How the Huskies Practice**
 - a. Preseason Fall
 - i. Segment and Practice Breakdown
 - b. Preseason Spring
 - i. Segment and Practice Breakdown
 - c. In Season
 - i. How to structure practices during the season
- 6. Use of Technology and Charting**
 - a. Practice and Game Charts
 - b. Video
 - i. How to effectively use
 - c. Data Systems
 - i. Trackman, HitTrax, Synergy and SMT

SESSION: Friday, January 12, 2024, 8:15AM – 9:00AM: Break-Out #1
TOPIC: *Practice Planning for Developing Hitters: Drills, Checkpoints, Videos, Etc.*
PRESENTER: Mike Glavine, Northeastern University Head Coach



NORTHEASTERN BASEBALL

Head Coach: Mike Glavine

Assistant Coach: Kevin Cobb

Assistant Coach: Frank Holbrook

Assistant Coach: Chris Bosco

-Constant Themes

Timing
Approach
Command the strike zone (Own your 11")
On the line, middle of the field
Adjustability
Weight room
Individualized plans

-Mental Game

-Practice Plan

Practice structure Team Practice vs. Individual smaller groups- prepare vs development.

1. **Med ball warmup**
2. **Tee progression**
3. **Short work**
 - a. Front toss
 - b. Personal drills
 - c. Weighted bats
 - d. Farm board
 - e. Overhand FT
 - f. Underhand FT
 - g. Hitting Plyos
4. **Batting Practice (GAME LIKE w/ Pressure)**
 - a. Angled
 - b. LHP RHP
 - c. External focuses
 - d. 2 Strikes
 - e. Coach Pitch w/ breaking balls
5. **Machines**
 - a. Velo
 - b. Breaking Balls
 - c. 2 Strikes
 - d. Smash
 - e. Angled Machines
 - f. 3 plate
 - g. Double Machine
 - h. Machine w/ Coach

-Use of technology

Exit velo-Launch Angle
Yakkertech- Baseball Cloud- Video-HitTrax

CAA 2017 · 2018 · 2021



1964 · 1966 · 1972 · 1973 · 1994
1997 · 2003 · 2018 · 2021 · 2023

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SESSION: Friday, January 12, 2024, 8:15AM – 9:00AM: Break-Out #2
TOPIC: *Why Character Matters: An Interactive Workshop*
PRESENTER: Mark Leinweaver, MLB Agent & Motivational Speaker



WHY CHARACTER MATTERS!

Social Media, Bravery, Volunteering & Anti-Bullying

Speaker Mark Leinweaver is an MLB Sports Agent who has spent two decades working in sports and entertainment – addressing these issues every day.

Why Character Matters focuses on how poor behavior can jeopardize a high school experience & beyond. Athletes must be their OWN agents – starting with the ABCs.

A – Accountability

B – Balance

C – Character

It is the responsibility of each athlete to be a leader on & off the field – AND...

Aware Of Social Media Dangers & Consequences: You must be cognizant of what you post, like, dislike and comment on. Social media is an extremely dangerous weapon.

Brave In Behavior: If you see something, say something. If you hear someone, tell someone. Being brave isn't easy but it's YOUR responsibility to share with an adult.

Volunteers In The Community: It's not hard to be selfless and kind. There are many local organizations seeking students to volunteer and assist their cause.

Leaders In Anti-Bullying: Bullying is an unacceptable behavior has become a real and tragic epidemic in our society. Do NOT be part of the problem – BE the solution.

This is not only about being prepared in high school...it's about being prepared in life!

www.whycharactermatters.com

Mark Leinweaver / mark@whycharactermatters.com / 424.202.1723

SESSION: Friday, January 12, 2024, 9:15AM – 10:00AM: Break-Out #1
TOPIC: *All 3 Acres: Overall Tips Through the Years for Head Coaches*
PRESENTER: Butch Thompson, Auburn University Head Coach



"ALL 3 ACRES" - OVERALL TIPS THROUGH THE YEARS FOR HEAD COACHES.....

THIS GAME IS HARD (PRACTICE FOR THE COACHES - GAMES ARE FOR THE PLAYERS)

SOMEBODY WINS EVERY PITCH

TYLER WHITNEY RULE (BUNTING)

CATCHERS = NO STOPWATCH

EVERY PITCHER HAS A ROLE

ELEVATE COACHES

PLAYERS RECITE IDENTITY

FIRST 5 (START, STAY AND FINISH THE FIGHT)

MEET NEXT DAY INSTEAD OF IMMEDIATELY AFTER THE GAME

2 DAYS IN A ROW (PRACTICE CONCEPT)

OUTFIELDERS - LONG HOP, NO HOP

PITCHERS FIELDING - RAG BALLS

TOUCH EM

CAGE, BP, GAME - BASIC THOUGHTS ON HITTING (2 COUNTS, HARD)

INFIELDERS - THROW TO OUTFIELD SIDE OF FIRST BASE

PLAYER OF THE GAME WITH MEANING

NOT ALLOWED TO BE SAD UNTIL THE SEASON IS OVER

BASERUNNING

PLAYERS ARE ALLOWED TO GET BETTER!

Butch Thompson
butchthompson@auburn.edu

www.BaseballCoachesClinic.com

SESSION: Friday, January 12, 2024, 9:15AM – 10:00AM: Break-Out #2
TOPIC: *Buying Wins for Zero Dollars: Building Athletes & Culture Through the 90 MPH Formula*
PRESENTER: Dr. Josh Heenan, Founder and President, Advanced Therapy and Performance (ATP)

Buying Wins for Zero Dollars:

Building a winning culture around evidence-based metric-driven training that breeds autonomy and purpose.

How to win more games?

- Keep your best players healthy and on the field
- Increase on-field metrics that are proven to increase batting average, and slugging percentage, and decrease batting average against
- Build a winning culture

How to improve health?

- Understand and implement the fundamentals of therapy and rehab

How to improve on-field performance metrics?

- Understand and implement the fundamentals of sports performance

How to blend health and on-field performance metrics?

- Determine your most important metrics as a coach/team.
- Build training programs around moving those metrics (e.g. 90MPH Formula)

How to build a resilient process-driven culture around your training?

- Set baseline, non-negotiable metrics
- Measure, Track, Compete
- Reward consistency and process, year-round
- Reward individual and team improvement

SESSION: Friday, January 12, 2024, 9:15AM – 10:00AM: Salt City Sports Demo Field
TOPIC: *Infield Drills to Improve Your Team's Defense*
PRESENTER: Steve Trimper, Stetson University Head Coach



STETSON BASEBALL

Steve Trimper, Head Coach, Stetson University
Infield Drills To Improve Your Teams Defense

All Infielders

- Glove Drills
- Hatter Skills
- Get the Hops right: Lolly Pop Picks
- Band Drills
- Run Downs
- Side Toss Fungo Drill

1st Base

- Positioning
- Pop up's
- Fungo Picks
- Double plays: 2 positions
- Relay positions

Middle Infielders

- The "7 turns for a DP" at 2nd base
- Mini DP's
- Tag Plays
- Piggy back relays
- Plays to plate Inf in

3rd Base

- Positioning
- Pop Ups
- Double plays with 1st and 2nd occupied
- Plays at the plate



Blue Collar
Character
Integrity
Excellence
Commitment



SESSION: Friday, January 12, 2024, 10:15AM – 11:00AM: Break-Out #1
TOPIC: *Building A Team Offense the Northeastern Way*
PRESENTER: Mike Glavine, Northeastern University



NORTHEASTERN **BASEBALL**

Head Coach: Mike Glavine

Assistant Coach: Kevin Cobb

Assistant Coach: Frank Holbrook

Assistant Coach: Chris Bosco

1. Three Phases
 - a. Approach/Hitting
 - b. Team Offense
 - c. Baserunning
2. Approach/Hitting
 - a. Win This Pitch
 - b. Routine
 - c. Timing
 - d. Approach
 - e. Swing
3. Team/Chaos Offense
 - a. Do Your Job
 - b. QAB's
 - c. HB
 - d. Winning Offense Goals
 - e. Short Game
4. Baserunning
 - a. Pride in 90 Ft
 - b. Stolen Base
 - c. DBR
 - d. Ball in Play Baserunning
5. Conclusion
 - a. Communicate
 - b. Attention to Detail
 - c. Practice Habits

CAA 2017 · 2018 · **2021**



1964 · **1966** · 1972 · 1973 · 1994
1997 · 2003 · 2018 · 2021 · 2023

SESSION: Friday, January 12, 2024, 10:15AM – 11:00AM: Break-Out #2
TOPIC: *Holistic Player Development for Today's Athlete: Acquiring New Content - PART 1*
PRESENTER: Mike Leonard, Middlebury College & Devin Hayes, Detroit Tigers

1. Today's Landscape

- a. Technology
- b. Social Media
- c. Training Methods
- d. Generation Gap - "Kids these days"
- e. Communication



2. Filtering Down Information

- a. Coaches - colleagues, social media, conventions, former coaches, who do you trust? Does that info apply to your level?
- b. Athletes - other athletes, social media, self-awareness (lacking)
- c. Framework - what is the problem you are trying to solve? how does this new information help you? What do you need to implement it successfully?
 - i. When to implement new information (in-season vs off-season)
 - ii. Assessing resources

3. Applying New Information

- a. Try it yourself
- b. Levels of learning - to teach it you must have a high level of knowledge of that skill/aspect
- c. It's ok to try new things - trial and error as form of learning but requires reflection
- d. Your desired outcomes/goals- daily, weekly, season, long term

4. Essential Baseball Pillars

- a. Movement - Foundations
 - i. Start with deficiencies - low hanging fruit
 - 1. Spine and Feet
 - ii. Basic Movement Patterns
 - 1. Hinge, Squat, Push, Pull, Core (Rib Cage)
 - iii. Warm up, Strength Programming, Speed Development, Health

SESSION: Friday, January 12, 2024, 10:15AM – 11:00AM: Salt City Sports Demo Field
TOPIC: *Winning 90 Feet: The Art of Changing the Game on the Bases*
PRESENTER: Nick Puccio, Penn State University Assistant Coach



BASEBALL

Nick Puccio
 Assistant Coach
 Recruiting Coordinator

Nittany Lion Baseball
 The Pennsylvania State University
 Medlar Field at Lubrano Park, Suite 230
 University Park, PA 16802
 n.puccio@psu.edu

WINNING 90 FT: THE ART OF CHANGING THE GAME ON THE BASES

-WHY BASERUNNING IS IMPORTANT TO TEAM OFFENSE

-BASERUNNING & BASESTEALING	-PRACTICING STEALING
	-Counting
-IDENTITY	-Feel
	-1 – 5 <u>jump</u>
-Exiting the Box/Turns/ 1st to 3rd	
	-DBR
-LEADS – Attention to detail	-What are we looking for?
-3FT	-How do we Practice it?
-6FT	
-9FT	Second Base (Steal 3B)
-11FT	-15FT
-12FT	-18FT
-18FT / Secondary	-21FT
	-24FT
-STEAL FOOTWORK DRILLS	-28FT
-JUMPS	-Easier Base to steal
-JABS	-Working off head turns
-FIRST STEP	
-RETURNS	
-Need to practice it	
-VAULTING	
-6FT	
-9FT	
-Return Drill	
-Practicing it	

SESSION: Friday, January 12, 2024, 11:15AM – 12:05PM: Break-Out #1
TOPIC: *Artistry of Coaching the Bases*
PRESENTER: Dennis Pelfrey, San Francisco Giants AA Richmond Squirrels Manager

ARTISTRY OF COACHING THE BASES



WHAT IS EACH BASE COACH'S STYLE?

- COMMUNICATE WITH YOUR PLAYERS AND COACHES ON YOUR STYLE AS A BASE COACH
- SOMETIMES YOU MAY NOT KNOW YOUR STYLE OR YOUR STYLE MAY CHANGE AS THE GAME/SEASON PROGRESS, BUT IT IS IMPORTANT TO COMMUNICATE AS THOSE CHANGES HAPPEN IN YOUR EVOLUTION AS A BASE COACH.

WHAT IS BASE COACHING STYLE?

- AGGRESSIVENESS – DIFFERENT LEVELS OF AGGRESSIVENESS (CHANGES WITH SITUATIONS)
- HOW YOU COMMUNICATE (VERBAL, NON-VERBAL, OR BOTH)
- POSITIONING DURING YOUR COMMUNICATION (WHERE WILL YOU BE WHEN X HAPPENS)

PROACTIVE VS REACTIVE

BE PROACTIVE

- GATHER INFORMATION
- PITCHER / CATCHER / OF ARMS / COACH TENDANCIES / WEATHER / FIELD CONDITIONS
- EDUCATE YOUR PLAYERS AND COACHES ON THE INFORMATION YOU HAVE PRIOR TO THE GAME/SERIES.
- EVERYONE ON THE SAME PAGE WITH YOUR PLAN (AGGRESIVENESS, RISKS, ETC)
- HAVE A FULL UNDERSTANDING OF WHAT YOUR PLAYERS ARE CAPABLE OF ON THE BASES FROM YOUR BASE RUNNING WORK AT PRACTICE. (IT'S IMPORTANT TO CHALLENGE YOUR PLAYERS AT PRACTICE ON THE BASES TO FIGURE OUT WHAT THEY CAN DO)

REACTIVE OR DECISION MAKING

- JUST LIKE PLAYERS, BASE COACHES NEED TO MAKE QUICK, DECISIVE DECISIONS ON THE FLY.
- THE MORE INFORMATION YOU HAVE THE EASIER THE DECISION IS GOING TO BE. IF YOU DON'T HAVE MUCH INFORMATION, YOUR DECISIONS WILL BE TOUGHER TO MAKE, BUT DOES NOT ABSOLVE YOU FROM MAKING A QUICK DECISIVE DECISION.
- REGARDLESS OF YOUR INFORMATION LEVEL, YOU HAVE TO DECIDE QUICKLY.
- BEING INDECISIVE LEADS TO ALMOST CERTAIN MISTAKES AND INCREASES RISK OF INJURY TO PLAYERS.
- AGAIN, JUST LIKE PLAYERS, YOU WILL MAKE MISTAKES AND MUST LEARN/EVOLVE FROM THEM.
- SOMETIMES PLAYERS / OTHER COACHES / MEDIA MAY NOT UNDERSTAND WHY YOU MADE THE DECISION TO SEND OR NOT SEND, AND THAT'S OK. JUST MAKE SURE YOUR COMMUNICATION IS CONSISE AND CLEAR AS TO WHY YOU MADE YOUR DECISION.
- ALWAYS HAVE A REASON FOR YOUR DECISIONS.

***MOST IMPORTANTLY, UNDERSTAND YOUR TEAM AND WHAT IDENTITY YOU WANT TO CREATE. AS COACHES, WE SHOULD ALWAYS LEAN TOWARDS EVOLVING OUR COACHING STYLES TO THE TEAM WE HAVE TO CREATE AN ENVIRONMENT WHERE EVERYONE, ESPECIALLY THE PLAYERS, ARE ABLE TO PLAY WITH THE UPMOST FREEDOM TO UNLOCK THEIR POTENTIAL.**

SESSION: Friday, January 12, 2024, 11:15AM – 12:05PM: Break-Out #2
TOPIC: *Program Building: Ordinary to Extraordinary*
PRESENTER: Dr. Barry Davis, Rider University Head Coach

Program Building: Ordinary to Extraordinary

I. “The reason your losing – it is because you are not good enough.” - NOLL

II. Vision, People, Environment

III. Organize/Exactness/Communicating



IV. People Skills

V. E. I.

VI. Serve

Go to my website, subscribe, and get a FREE pdf:
The Five Pillars: Turing Losing Teams Into Winners

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SESSION: Friday, January 12, 2024, 1:15AM – 2:05PM: Break-Out #1
TOPIC: *Pitching vs. Throwing: Where Have All the Pitchers Gone?: A Panel Discussion*
PRESENTER: Chris Holt, Butch Thompson & Mike McFerran moderated by Pete Walker

Session Notes

SESSION: Friday, January 12, 2023, 1:15PM – 2:05PM: Break-Out #2
TOPIC: *Practice Planning for Individualized Skill Development*
PRESENTER: Jeff Hourigan, UConn Associate Head Coach

UConn Baseball Practice Planning

Individualized Skill Development for the Offensive Player



- **Goals**
 - Be a consistent offensive threat
 - Learn how to be your own “Hitting Coach”
- **Evaluation Phases**
 - Recruiting
 - Before they get to you
 - Fall Ball
 - Rookies and Vets
 - Season
- **In Practice**
 - Team Goals
 - Style of play and Approach
 - Individual Goals
 - Consistent Mechanics and Approach
 - Compete
- **Use of Technology/Metrics**
 - HitTrax
 - SMT
 - Synergy
 - Trackman
 - Other
- **Skill Sessions**
 - Formulate Plan
 - Strengthen Strengths
 - Improve Weaknesses
 - Create repeatable movements
 - Compete
- **How the Huskies Improve Individuals**
 - Fall Ball
 - Team Concepts, Mechanics and Approach
 - Post Fall Ball
 - Mechanics and Approach
 - Pre-season
 - Team Concepts, Mechanics and Approach
 - Season
 - Game Plans and Adjustments
 - Summer Ball

SESSION: Friday, January 12, 2024, 2:20PM – 3:10PM: Break-Out #1
TOPIC: *Building a Team Offensive Identify from Amateur Baseball to the Big Leagues: A Hitting Roundtable with Audience Q & A*
PRESENTER: Led by Peter Fatse, Boston Red Sox Hitting Coach, with Missouri's Kerrick Jackson, UConn's Jeff Hourigan, and Babson College's Matt Noone

Session Notes

SESSION: Friday, January 12, 2024, 2:20PM – 3:10PM: Break-Out #2
TOPIC: *Modern Pitching Development: Designing to Win*
PRESENTER: Mike McFerran, Wake Forest University Pitcher's Lab



Designing to Win

The teams that can systemize the design of pitchers holistically and individually are going to have the competitive advantage.

1. Establishing Identity

- **Individual & Staff “I get outs. / We get outs.”**
 - **It's about getting outs.** We've made pitching development about throwing. Throwing is a means, but getting outs is the objective. Find the best ways to create outs individually and collectively.
- **Staff / Macro**
 - **It's about creating diversity** so extreme that it makes adjustment impossible. Full spectrum of weapons to try and defend against.
 - Starters are Swiss army knives, Relievers are assassins.
- **Each Guy / Micro**
 - **It's about extracting their value,** to the fullest extent. Different is their value.
 - Identify: what do you do well? How do you get outs?

2. Building a blueprint for each guy

- **Dig**
- **Design**
- **Develop**

3. Development

- **Movement Repatterning**
- **Ball Flight & Arsenal Design**

4. The Delivery

Biomechanics = Physics + Anatomy

- **Efficiency**
- **Elasticity**
- **Input / Output**
- **Momentum, Direction, Tight Turns**

SESSION: Friday, January 12, 2024, 2:20PM – 3:10PM: On Deck Sports Batting Cage
TOPIC: *Infield Skill Acquisition in Small Spaces*
PRESENTER: Ty Blankmeyer, Duke University Coach

Daily Development for Infielders **D**emo

I. Catch Play

- **Guarantee to do this everyday**
 - **How can we optimize this to get ready for the game and grow our skills?**
- **What should a game of Catch look like on the daily**
 - **What needs to be covered**
 - **What is the game telling me?**
 1. **Most errors in game correlate to catch play**
 - **Where are we struggling?**
 - **What are ways outside the norm that I can grow in this space?**
 1. **Athletic Catch**
 2. **Positional Throws**
 3. **Exchange work**
 4. **Posture and slots**

II. Daily Process

- **Vitamins**
- **Flow for creativity**
 - **Are we challenging ourselves to allow for growth?**
 - **Don't need a full size infield to get better**

III. Duke Baseball Early Work Routine

- **Done with Mini-Hack in front of Dugout**
 - **Hip/Hands connection work**
 1. **Both Lanes**
 - **Feet/Hip/Hands in synchronization**
 1. **Both Lanes**
 2. **Can challenge vantage point**
 - **Creating Space**
 1. **show players different ways to make plays, both lanes**
 - **Barehand suave**
 1. **Create fluidity and rhythm**
 - **Staggered GB Reps**
 1. **Start at different spots to create angles**
 - **1B work around bag**
 1. **Create different alterations of scoop plays**
- **GOALS**
 - **Under the Hood**
 1. **Acquire/Maintain skills in a controlled setting**
 2. **Isolate different parts of the catch**
 3. **Discover cues feels to enhance our "tool box"**
 4. **Get us prepared for the game that day**

SESSION: Friday, January 12, 2024, 3:25PM – 4:15PM: Break-Out #1
TOPIC: *Building a Reliever: Role... Routine...Real Time*
PRESENTER: Butch Thompson, Auburn University Head Coach



"BUILDING A RELIEVER" - ROLE....ROUTINE....REAL TIME

PRIDE

DON'T ASSUME: NEVER DONE IT BEFORE

GOAL: GET FIRST GUY OUT

WORKOUTS

BEFORE GAME - KNOW PLAN, OPEN ARM, COMMUNICATE W COACH

ARENDALINE SWITCH

DRY ERASE BOARD

WATCH FIRST 2 TIMES THROUGH LINEUP

EVERYBODY HAS A ROLE

80%

SEQUENCE

GETTING HUMPED (THINGS CAN CHANGE IN ONE PITCH)

Butch Thompson
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SESSION: Friday, January 12, 2024, 3:25PM – 4:15PM: Break-Out #2
TOPIC: *Holistic Player Development for Today's Athlete: Applying New Content - PART 2*
PRESENTER: Mike Leonard, Middlebury College & Devin Hayes, Detroit Tigers

1. Key Points from Part 1

- a. Be a good consumer of information
- b. Understand your athletes
- c. Have clear goals, understand your why
- d. Timing of implementation



2. Throwing

- a. Arm Health
- b. Arm Strength
- c. Accuracy
- d. Positional Specific



3. Pitching

- a. Arm Health
- b. Delivery and Command
- c. Velocity
- d. Shapes

4. Hitting

- a. Barrel Control
- b. Direction
- c. Swing Decision/Adjustability
- d. Athleticism/Bat Speed

5. Putting it all together/learning

SESSION: Friday, January 12, 2024, 4:30PM – 5:30PM: Break-Out #1
TOPIC: Implementing Your Team Culture
PRESENTER: Kerrick Jackson, University of Missouri Head Coach



MIZZOU BASEBALL



IMPLEMENTING YOUR TEAM CULTURE

I. YOU HAVE TO LIVE IT!

II. WHAT DOES IT LOOK LIKE ON THE FIELD?

III. THE PLAYERS MUST SUPPORT AND MAINTAIN...

IV. MEMBERS OF YOUR PROGRAM MUST EMBODY IT.



SESSION: Friday, January 12, 2024, 4:30PM – 5:30PM: Break-Out #2
TOPIC: *A Toolkit to Build and Enhance Your Catchers*
PRESENTER: Nick Derba, University of Maine Head Coach

1. Catcher makeup (for me)
 - a. Catch
 - b. Hit
 - c. Communicate
 - d. Accurate arm
 - e. Block
 - f. Flexibility
 - i. Present hip and ankle
2. Defining range for a catcher
 - a. Top of head to ground/Box to box
 - b. What our web gems look like and the equivalent to another position
 - c. Important to define expectations for catchers (all players)
 - i. One ball transition=stolen calls
 - ii. Follow the plate for distance
3. Stretch routine
 - a. Hip routine
 - b. Butterfly receiving (*Introduce thumb and elbow positioning*)
 - i. Glove loads
4. What is the purpose of the stance and when can I use them?
 - a. 1 knee, up stance and hybrid...use them all
 - i. Each has their place but what is your stance used for?
 1. 1 knee
 2. Secondary- hamstring height
 - a. Off set/side saddle
 3. Standard primary
 - a. Knee drop to frame
 - ii. How is your pitcher's command?
 - iii. Do they have big misses often? That is an important piece of the equation
 - iv. Situationally based and based on personnel
5. Arriving at game speed
 - a. Slowest form of receiving to fastest:
 - i. bare hand drill
 1. Mask cover work
 2. Focus on sight line
 3. Double ball toss
 4. Rapid fire
 - ii. Coach Thrown
 1. Angle toss
 2. Fungo
 - iii. Machine- give them the nasty
 1. Breaking balls
 2. Pick work
 3. The plank



SESSION: Friday, January 12, 2024, 4:30PM – 5:30PM: Break-Out #2

TOPIC: *A Toolkit to Build and Enhance Your Catchers Continued*

PRESENTER: Nick Derba, University of Maine Head Coach



- iv. Bullpen
 - 1. The best practice
 - 2. Great time to work on soft focus
- v. Game
 - 1. Let it ride
 - 2. Be invisible.
- vi. Always fighting to be at the former
 - 1. Control breathing
- b. Attention and focus are tools that must be exercised
 - i. Very important for all work especially in practice
 - ii. In between sets/pitches should be working on “seeing” the pitch
 - iii. Very important to learn efficiency
- 6. Athleticism for catchers
 - a. GBs
 - b. Wall ball drills
 - c. OF drill work
 - d. Throwing drills
 - i. Bunt drill
 - ii. Line drill
 - iii. Box drill
 - iv. Roll Drill
 - v. Pick work throws
 - vi. Outdoor throws
 - 1. Short throwing
 - 2. Advance base throwing
- 7. Blocking technique...the best blockers are the best receivers
 - a. Roll Drill
 - b. Dry drill
 - c. Extended pick work and proper movements
 - d. Butterfly blocking
- 8. Makeup and bedside manner with your patients (pitchers)
 - a. Bullpen and game body language
 - b. Coaches, umpires and other players
 - c. +catch and hits- starter
 - d. +catch and – hit- back up
 - e. – catch and + hit- DH

SESSION: Saturday, January 13, 2024, 8:30AM – 9:15AM: Break-Out #1
TOPIC: *Leadership and Program Building Roundtable*
PRESENTER: Dr. Barry Davis, Rider University Head Coach

Session Notes



SESSION: Saturday, January 13, 2024, 8:30AM – 9:15AM: Break-Out #2
TOPIC: *So You Want to Build a Pitching "Lab"?*
PRESENTER: Mike McFerran, Wake Forest University Pitcher's Lab

So you want to build a pitching lab?

Pulling back the curtain to reveal what's really important when building a successful pitching development environment.



1. Demystifying the Pitching Lab

- People, philosophies, culture.
- The purpose behind our tech, understanding it from a broader perspective.

2. Purpose

- Collect Information. **Puzzle Solver.**
- **Create an Environment.** "I want guys to walk into the lab and feel like they're starting to get better."
 - translating information into language
 - music, states & brainwaves, the strategic playground

3. Reframing our understanding of data

- **Data just measures what happens. Context makes sense of it.**
- **Their competitive advantage lies within the data.**
- Using data to teach us to see the game through new lenses. **"Seeing in color."**

4. Teaching guys to move

- Why? There's a purpose. **To positively affect their ball flight.**
- **Biomechanics 101.**
- **The routine is the installation.** Creating new motor habits.

5. Tip & Tricks

- **Combining subjective & objective feedback.**
- **Video is King.**
- **Here's the tool set you should have.** Eliminate gimmicks.
- **Development mindset vs competitive mindset.** The psychology of pitching development.

SESSION: Saturday, January 13, 2024, 9:30AM – 10:15AM: Break-Out #1
TOPIC: *Baseball Strength & Conditioning Approaches: An Interactive Discussion*
PRESENTER: Dr. Josh Heenan, Founder and President, Advanced Therapy and Performance (ATP)

Session Notes

SESSION: Saturday, January 13, 2024, 9:30AM – 10:15AM: Break-Out #2
TOPIC: *Baserunning Keys Discussion*
PRESENTER: Dennis Pelfrey, San Francisco Giants AA Richmond Squirrels Manager

MASTERING THE ART OF RUNNING BASES

WHY IS BASERUNNING IMPORTANT

- IMPACTS GAMES
- CREATES PRESSURE
- RBIS AND RUNS – RUN PRODUCTION



STEALING BASES AND MORE

- STEALING BASES – REGARDLESS OF YOU TEAM DYNAMIC (YOU HAVE TO BE A THREAT)
- PRIMARY / SECONDARY LEADS
- 1ST TO 3RD
- 2ND TO HOME
- 1ST TO HOME
- TAG UPS
- DIRT BALL READS
- RUNDOWNS
- ADVANCING ON HITS (TURNS / READS / DECISIONS)

STRATEGY – WHAT IS YOUR IDENTITY

- HIT AND RUN / BUNTS / DOUBLE STEALS / SQUEEZE
- FORCING ACTION – LEVEL OF RISK IS SITUATIONALLY DEPENDENT

BASE COACHES

- SAME PAGE
- COMMUNICATION
- FLOW

WHAT ARE SOME BASERUNNING MISTAKES?

- EARLY / LATE SECONDARY
- LACK OF UNDERSTANDING OF SITUATION / READS
- OVER AGGRESSIVE
- SLIDING – ESPECIALLY AT HOME – (WHO IS SUPPOSED TO HELP)

THE KEY IS COMMUNICATION AND EXPLANATION

- STAFF TALKS ABOUT IDENTITY ON THE BASE PATHS
- TEAM TALKS ABOUT IDENTITY ON THE BASE PATHS
- INDIVIDUAL PLAYER TALKS ABOUT WHAT THEIR ROLE ON THE BASE PATHS WILL BE

***TAKING ADVANTAGE OF THE BASE PATHS WILL LEAD TO MORE WINS AND RUN PRODUCTION**

SESSION: Saturday, January 13, 2024, 9:30AM – 10:15AM: Break-Out #3
TOPIC: *A Daily Mental Practice for Peak Performance*
PRESENTER: Mike Regan, Mental Performance Mastery Certified Coach

ADAPT
WELLNESS GROUP



Daily Mental Practice For Peak Performance
World Baseball Coaches Convention
Mohegan Sun - January 11-13, 2024
E. Michael Regan, Tucker Regan

I. **Introduction**

- ADAPT Wellness Group - who we are, what we do
- Goal - to prepare and ready the mind to successfully implement the skills for Peak Performance
- So much focus on physical preparation, skills and drills, no time for mental skills coaching
- Coaching tools for the tool box that are easy to implement and incorporate into regular practice

II. **Starting your day/practice with intention**

- Daily checklist for success
- Most Important Tasks (3-5 maximum)

III. **Mindset** *[why it's important and how to develop the Elite Mindset]*

- Training an Elite Mindset
- Growth vs Fixed Mindset

IV. **Relaxation Practice** *[why it's important and specific guidance on skills development]*

- 4/7/8 Breathing Exercise
- Box Breathing
- Slow Breathing

V. **Progressive Muscle Relaxation** *[why it's important and how to teach the skill]*

- Body Scan Exercise
- Body Awareness

VI. **Guided Mental Imagery** *[why it's important and how to teach the skill]*

- Confidence Conditioning
- Meditation

VII. **Positive Self-Talk and Influences** *[why it's important, helping players incorporate the skill]*

- Slogans, affirmations and beliefs
- Social Media algorithm
- Positive/supportive over negative/critical

VIII. **Focus and Awareness** *[why it's important and how to translate that to players]*

- Inner Signal Light
- Check-in exercises
- The RESET Button

IX. **Conclusion and Wrap-up**

- Ending the day/practice with **reflection**
- How did the checklist go?
- How did the day/practice compare with the intention?
- What can be incorporated the next day/practice to get 1% better?

SESSION: Saturday, January 13, 2024, 10:30AM – 11:15AM: Break-Out #1
TOPIC: IPS (Individual Position Skills): Everyday Fundamentals for All Positions
PRESENTER: Nick Derba, University of Maine Head Coach

1. What is IPS? (:00-:01)
2. Purpose of IPS? (01:03)
 - a. With or without coach
3. Pitcher IPS (:03-:15)
 - a. Pre-throw
 - b. Catch play
 - c. Bunt work
 - d. DP turn
 - e. Run
4. Catcher IPS (:15-:25)
 - a. Barehand
 - b. Roll drill
 - c. Stretch
 - d. Line work
 - e. Bunt work
 - f. Block recovery
5. Outfield IPS (:25-:32)
 - a. QB Drill
 - b. Flyball wall
 - c. Flyball communication
 - d. Ball security
 - e. GBs
6. Infield IPS (:32-:42)
 - a. High hop
 - b. High hop fungo
 - c. Chase drill
 - d. Mini INF
 - e. Pick work/glove skills
7. Hitter IPS (:42-:45)
 - a. Timing work
 - b. Bunt work
 - c. Hit seeds
 - d. Bottle caps



SESSION: Saturday, January 13, 2024, 10:30AM – 11:15AM: Break-Out #2
TOPIC: *Preparing Players for the Next Level: What Scouts and Coaches are Looking For*
PRESENTER: Matt Hyde, New York Yankees Scout

A. Begin at the Beginning

1. Tryout - First Impressions
1. What is being evaluated?
1. TOOLS + ABILITY to USE TOOLS
1. How to Stand Out from the Pack
1. Follow UP



B. Landscape of Opportunities

1. Competitive High School season
1. Competitive Summer season
1. Selected Tryouts/Camps
1. Big Tournaments
1. Selected Scout Run events

C. Power of Communication

1. Schedule Updates
1. Performance Updates
1. Coach Involvement in Process
1. Persistence
1. Initiative

D. Examples of Success

1. Stories of obscurity to stardom
1. How to make “if you are good enough, people will find you” happen
1. What scouts and coaches are looking for and how it’s not always tied to performance
1. Northeast in relation to the Country
1. Role of coach in process with scouts

SESSION: Saturday, January 13, 2024, 10:30AM – 11:15AM: Break-Out #3
TOPIC: *Today's Recruiting Process: Ten Things to Know!*
PRESENTER: Wayne Mazzoni, Recruiting Expert & Past D1 Baseball Coach

TODAY'S RECRUITING PROCESS

TEN THINGS TO KNOW!

- 1. KNOW WHAT YOUR SON IS UP AGAINST.**
 - a. 482,000. 7.5%. 2.2%. 2.3%. 2.9%
 - b. Instagram posts.
 - c. Typical recruiting class.
 - d. D1 or bust mindset usually busts.

- 2. WHY HIS GRADES MATTER.**
 - a. More options. Coaches don't want academic headaches. More \$.

- 3. GET THAT KID TO CAMPUSES**
 - a. No coach. Admissions. Just look.

- 4. GET AN HONEST ASSESSMENT OF HIS TALENT.**
 - a. Not parents. HS/Travel. College. Me. Watch in Person.

- 5. HELP HIM MAKE HIS LIST**
 - a. Top. Middle. Bottom.

- 6. HOW HE MUST BRIDGE THE GAP.**
 - a. Live games/camp. Video. References. Email-Questionnaire.
 - b. Recruiting is hard for college coaches.

- 7. GET FEEDBACK AND ADJUST**
 - a. Get better. Adjust the list.

- 8. REGISTER HIM FOR THE NCAA CLEARINGHOUSE**
 - a. Junior year. No SAT or ACT any more.

- 9. ADMISSIONS**
 - a. Transcript. Pre-Read. Coaches help. High Academic. Scholarships.

- 10. FINAL DECISION**
 - a. Talk to kids on the team. Visit and use gut.

WAYNE MAZZONI: 30 YEAR COLLEGE COACH. RECRUITING AUTHOR, SPEAKER, ADVISOR

- Text "RECRUITING" to 678.506.7543 for full power point.
- 203.260.4932. Wayne@WayneMazzoni.com wayne-mazzoni.my.canva.site

SESSION: Saturday, January 14, 2023, 11:30AM – 12:15PM: Break-Out #1
TOPIC: *Leading with Fundamentals: Mastering the Art of Player Skill and Situational Development*
PRESENTER: Joshua Rodrigues, Baltimore Orioles

Leading with Fundamentals

Mastering the Art of Player Skill and Situational Development

Mastering situational development in players is a key ingredient that becomes more crucial as players move up the development ladder. The core focus of this session is on the essential building blocks that contribute to a player's overall skill set and their ability to navigate diverse in-game situations. The presentation delves into the intricate balance between honing individual skills and cultivating an understanding of various gaming scenarios, emphasising the importance of a holistic approach to player development.

The presentation explores the significance of mastering fundamental skills of game play and situational awareness. Looking into the different leverage points shows a strong foundation in basic gameplay mechanics, strategic thinking, and adaptability forms the bedrock for advanced proficiency. This segment aims to inspire a renewed emphasis on the importance of continuous skill refinement as the key to unlocking a player's full potential. In the second part of this presentation, I'll share insights from my experience leading team fundamental meetings in baseball. We'll discuss how building a strong foundation in team basics contributes to navigating diverse game situations collaboratively on the field. Through team-based examples and discussions, we'll focus on developing individual skills and fostering a deep understanding of the dynamic baseball landscape as a unified team. Drawing on my coaching experiences, this segment aims to equip coaches with effective strategies to guide players, promoting confidence and adaptability in their collective journey on the baseball field. Together, we'll shape a well-rounded and resilient baseball team where mastering team fundamentals seamlessly blends with situational development.

Leading with Fundamentals" will provide coaches with tangible skills applicable across all levels of baseball development. Emphasising the integral connection between mastering fundamental skills and excelling in diverse baseball situations, the presentation aims to equip coaches with specific insights and strategies. These practical takeaways empower coaches to make a meaningful impact on players' skill development at any level.

Session Notes

Session Notes

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