



BASEBALL clinics

COACHES CLINICS - LEVEL 1 | LEVEL 2 PORTUGAL - ABRANTES

LEVEL 1 - Baseball /Softball

1st Part . 18 until 20 Feb. (3 days)

Jim Jones |MLB . Lilly Rossetti |FIBS

2nd Part . 30 until 31 March (2 days)

Jim Jones |MLB . Steve Janssen |MLB

LEVEL 2 - Baseball

1st Part . 21 until 25 Feb (5 days)

Jim Jones |MLB . Boris Rothermundt |FFBS

2nd Part . 1 until 2 April (2 days)

Jim Jones |MLB . Steve Janssen |MLB

Unit	Level 1		Level 2		Clinic's Fees:
	Practical	Theoretical	Practical	Theoretical	
Introduction & Philosophy		1/1 Hours	1/1 Hours		<p>For level 1 the registration fee is 480 euros.</p> <ul style="list-style-type: none"> This fee Includes: 5 nights in double room (you share the room with other coach) in 3*** hotel; Meals (breakfast, lunch and dinner); Clinic map and materials; 1 extra inning on bar. 15% off - for individual inscriptions until 31 of december 25% off - for group inscription of 4 people until 31 of december 2011 <p>For level 2 the registration fee is 670 euros</p> <ul style="list-style-type: none"> This fee Includes: 7 nights in double room (you share the room with other coach) in 3*** hotel; Meals (breakfast, lunch and dinner); Clinic map and materials; 1 extra inning on bar. 15% off - for individual inscriptions until 31 of december 25% off - for group inscription of 4 people until 31 of december 2011 <p>Singles rooms are possible for a extra cost of 20 euros night.</p> <p>Registration on Portuguese Baseball Softball Federation email : mail@fpbsweb.org</p> <p>Contacts: +351 91 0670775/+351 91 5064998 mail@fpbsweb.org</p>
Skill Evaluation & Choosing Solutions			2/2 Hours		
Offense	3/3 Hours		4/4 Hours		
Throwing & Catching	2/1 Hours		2/1 Hours		
Defense by Position	3/3 Hours		4/4 Hours		
Pitching	2/2 Hours		3/3 Hours		
Catching	2/1 Hours		2/2 Hours		
Team Defense	4/3 Hours		4/4 Hours		
Practice Planning & Organization	1/2 Hours		2/3 Hours		
Strength & Conditioning	1/1 Hours		2/3 Hours		
Strategy	1/1 Hours		1/3 Hours		
Staff Development			1/2 Hours		
Rules	1/1 Hours				
History	0/1 Hours				
Adaptive Baseball			1/1 Hours		
Total Hours		41 Hours		62 Hours	

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FEDERAÇÃO PORTUGUESA DE BASEBOL E SOFTBOL
MAJOR LEAGUE BASEBALL
INTERNATIONAL SPORTS GROUP
MUNICIPIO DE ABRANTES - PORTUGAL

BASEBALL clinics

COACHES CLINICS - schedule



LEVEL 1

Baseball /Softball

1st Part

18 until 20 Feb. (3 days)

Jim Jones |MLB . Lilly Rossetti |FIBS

Classroom Sessions > in Black

Field Sessions > in Orange

*Baseball techniques covered in 2nd clinic

Saturday February 18, 2012

9:00-9:30am Introductions / Coaching Philosophy (LR & JJ)

9:30-10:30am "Baseball & Softball are Games of Catch and Throw"

- Throwing & Catching Fundamentals (LR Lead)

10:30-10:45am Break

10:45am-Noon Batting (JJ Lead)

Noon-12:30pm Softball Catching (LR) *

12:30-1:00pm Bunt Defense (LR & JJ)

1:00-2:30pm Lunch

2:30-3:45pm Warm-up > Throwing, Catching - TB/GB/FB's, Fungo Practice (LR Lead)

3:45-4:00pm Break

4:00-5:15pm Batting - Drills & Skills (JJ Lead)

5:15-5:45pm Softball Catching Drills (LR) *

5:45-6:30pm Bunt Defense (LR & JJ)

8:00-9:00pm Baseball/Softball History

Sunday February 19, 2012

9:00-10:15am Softball Pitching (LR) *

10:15-10:30am Break

10:30-noon Middle Infield Play - 2B / SS (JJ Lead)

Noon-1:00pm Cutoffs & Relays (LR Lead)

1:00-2:30pm Lunch

2:30-3:30pm Softball Pitching - Drills & Skills (LR) *

3:30-4:30pm Middle Infield Drills (JJ Lead)

4:30-4:45pm Break

4:45-5:30pm Softball Pitcher Defense - the 5th Infielder (LR) *

5:30-6:30pm Cutoff & Relays (LR Lead)

8:00-9:00pm Rules (Split Session)

Monday February 20, 2012

9:00-9:45am Defensive Strategy - Infield & Outfield Positioning (LR & JJ)

9:45-10:45am Bunting (LR & JJ)

10:45-11:00am Break

11:00-Noon Softball 1B & 3B Play (LR) *

Noon-1:00pm Offensive Strategy & Your Batting Order - What Weapons do you Have? (JJ & LR)

1:00-2:30pm Lunch

2:30-3:30pm The Corners - Softball > Drills & Skills (LR) - Lilly's Good Bye *

3:30-4:15pm Bunting Drills (JJ)

4:15-4:30pm Break

4:30-5:30pm Base Running (JJ)

5:30-6:30pm Practical Demonstration of Rules (Split Session)

6:30pm Good Bye - "Adeus"

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Friday - March 30, 2012

9:00-9:30am Introductions and Philosophy (SJ & JJ)
9:30-10:15am Pitching - Baseball (SJ)
10:15-10:30am Break
10:30-11:30am Catching - Baseball (JJ)
11:30-12:15pm Throwing Routines > Youth Pitcher Routines between Games (SJ)
12:15-1:00pm Baseball Communication - Signs (JJ)
1:00-2:30pm Lunch
2:30-3:15pm Catching Drills (JJ)
3:15-4:15pm Pitching Drills (SJ)
4:15-4:30pm Break
4:30-5:20pm Individual Ground Ball Fielding Drills (JJ)
5:20-6:10pm Pitching Defense Drills
6:10-6:30pm Pop Up Responsibilities

Saturday - March 31, 2012

9:00-10:00am 1B & 3B Play - Baseball (JJ)
10:00-10:45am Outfield Play (SJ)
10:45-11:00am Break
11:00-12:15am Practice Organization (JJ)
12:15-1:00pm Combo Players - Problems and Solutions (SJ)
1:00-2:30pm Lunch
2:30-3:30pm 1B & 3B Drills (JJ)
3:30-4:15pm OF Drills (SJ)
4:15-4:30pm Break
4:30-5:00pm Coaching the Bases (1B - SJ, 3B - JJ)
5:00-6:00pm Situational Group/Team Drills - Putting it all Together (SJ & JJ)
6:00-6:30pm Questions & Answers - Wrap Up

LEVEL 1

Baseball /Softball

2st Part

30 until 31 Mar. (2 days)

Jim Jones |MLB . Steve Janssen |FIBS

Classroom Sessions > in Black

Field Sessions > in Orange

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Tuesday, February 21, 2012

- 9:00-9:45am Introductions & Coaching Philosophies (JJ & BR)
 9:45-10:30am Baseball Is a Game of Catch & Throw (JJ)
 - High Level Baseball is a Game of Fast Catch & Throw!
 10:30-10:45am Break
 10:45-12:15pm Pitching - Build Both Velocity & Control (BR)
 12:15-1:00pm Coaching in the Bull Pen > Starters & Relievers - Get 'em Ready (JJ)
 1:00-2:30pm Lunch
 2:30-3:15pm Catching and Throwing > Beyond the Basics (JJ)
 3:15-4:30pm Advanced Pitching Drills (BR)
 4:30-4:45pm Break
 4:45-5:45pm Pitcher Pick Offs - Daylight & Called (BR)
 5:45-6:30pm Batter-Runner & Base Running @ 1B (JJ)

Wednesday, February 22, 2012

- 9:00-10:30am Batting - Putting Linear & Rotational Forces to Work (JJ)
 10:30-11:00am Bunting - the Lost Art (BR)
 11:00-11:15am Break
 11:15-Noon Situational Hitting - Putting the Team First (JJ)
 Noon-1:00pm Bunt Defense - Standard to Special (BR)
 1:00-2:30pm Lunch
 2:30-4:00pm Batting - Identification of Problems & Selection of Corrective Drills (JJ)
 4:00-4:30pm Bunting as an Offensive Weapon (BR)
 4:30-4:45pm Break
 4:45-5:45pm Base Running @ 2B & 3B (JJ)
 5:45-6:30pm Coaching @ 3B (BR)
 8:00-10:00pm Adaptive Baseball - Involving the Handicapped (BR)

Thursday, February 23, 2012

- 9:00-10:30am The Corners - 1B & 3B Defense (BR)
 10:30-11:15am Catching (JJ)
 11:15-11:30am Break
 11:30-Noon Catching (continued) - (JJ)
 Noon-1:00pm Foundations of Strength & Conditioning for Baseball (BR)
 1:00-2:30pm Lunch
 2:30-4:00pm Strength & Conditioning - Making it Work (BR & JJ)
 4:00-4:15pm Break
 4:15-5:30pm Catching Drills for the Elite Catcher (JJ)
 5:30-6:30pm 1B & 3B Developmental Drills (BR)

LEVEL 2 Baseball

1st Part

21 until 25 Feb (5 days)

Jim Jones |MLB . Boris Rothermundt|FFBS

Classroom Sessions > in Black
 Field Sessions > in Blue

Friday, February 24, 2012

- 9:00-10:30am Middle Infield Play - 2B & SS (BR)
 10:30-11:15am 1st & 3rd Defense - Where is the Most Important Runner? (JJ)
 11:15-11:30am Break
 11:30-12:30pm Hitting Plans - Individual, Team and Situational (JJ)
 12:30-1:00pm Coaching 1B - More than standing around with your hands in your pockets (BR)
 1:00-2:30pm Lunch
 2:30-3:30pm Drop Step & Angles on Ground Ball Drills (JJ)
 3:30-4:15pm Double Play Drills (BR)
 4:15-4:30pm Break
 4:30-5:30pm Outfield Positioning and Drills (JJ)
 5:30-6:00pm Cutoffs & Relays - A Review (BR)
 6:00-6:30pm 1st & 3rd Offense (JJ)
 8:00-10:00pm Modified Baseball Games and Other Youth Practice Adaptations (JJ)

Saturday, February 25, 2012

- 9:00-10:00am Video Analysis - Hitting (JJ)
 10:00-11:00am Video Analysis - Pitching (BR)
 11:00-11:15am Break
 11:15-12:15pm Pitching Plans (BR)
 12:15-1:00pm Developing a Coaching Staff (JJ)
 1:00-2:30pm Lunch
 2:30-3:30pm Team & Combination Drills (JJ)
 3:30-4:15pm Aggressive Base Running Strategies (BR)
 4:15-4:30pm Break
 4:30-5:30pm Practice Organization and Execution (JJ & BR)
 5:30-6:30pm Questions & Answers - Good Bye / Adeus

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Sunday - April 1, 2012

9:00-9:30am Introduction & SJ's Philosophy
9:30-10:30am Player Evaluation - Selection and/or Teaching Goals (JJ)
10:30-11:15am Preseason Throwing Program for Pitchers (SJ)
11:15-11:30am Break
11:30-12:30pm Batting Practice w/ a Purpose (JJ)
12:30-1:00pm Pitches > Grips & Techniques
1:00-2:30pm Lunch
2:30-3:30pm Quickness and Agility Drills (JJ)
3:30-4:15pm Stretch Cord and Long Toss Program (SJ)
4:15-4:30pm Break
4:30-5:15pm Common Elements of Throwing/Pitching and Hitting (JJ)
5:15-6:00pm Rundowns (SJ)
6:00-6:30pm Wall Ball (JJ)

8:00-9:00pm Video Analysis - Hitting (JJ)

Monday - April 2, 2012

9:00-9:45am Charts (JJ & SJ)
9:45-10:30am In-season / or Preseason Throwing Program for Pitchers (SJ)
10:30-11:15am Base Running and Bunting Drills (JJ)
11:15-11:30am Break
11:30-12:30pm SJ's Teaching Points for Pitching (SJ)
13:30-1:00pm Check Lists (JJ)
1:00-2:30pm Lunch
2:30-3:30pm Blending Drills for Pitchers (JJ)
3:30-4:15pm Pitcher Defense (SJ)
4:15-4:30pm Break
4:30-5:00pm Pitcher-Catcher-Middle Infield Coordination (JJ)
5:00-6:00pm Video Analysis - Pitching (SJ)
6:00-6:30pm Wrap Up - Good Bye

LEVEL 2
Baseball

2st Part

1 until 2 Apr (2 days)

Jim Jones |MLB . Steve Janssen|MLB

Classroom Sessions > in Black
Field Sessions > in Blue

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