



Inaugural Norwegian Coaches Clinic 2016

Day One - Saturday 30.01.2016

- ▶▶ 9.00 – 10.00 **Participants Arrival/Check-in**
- ▶▶ 10.00 – 10.20 **Welcome, Introductions & Format**
Clinic Host & Staff
- ▶▶ 10.20 – 11.00 **Games That Grow The Game**
Staff
- ▶▶ 11.00 – 11.40 **Little Things That Make a Big Difference**
Mark Fuller
- ▶▶ 11.40 – 12.20 **Cadence Catch: Throwing for all Positions & Levels**
John Vodenlich
- ▶▶ 12.20 – 13.00 **Mechanics of Pitching: The Basics**
Terry Ayers
- ▶▶ 13.00 – 13.40 **innovative Ideas for Practice Organization**
Mark Fuller
- ▶▶ 13.40 – 14.20 **BLAST: A Common Sense Approach to Hitting**
John Vodenlich
- ▶▶ 14.20 – 15.40 **LUNCH**
- ▶▶ 15.40 – 16.20 **The Making of a Pitcher I: Drills that Work**
Terry Ayers
- ▶▶ 16.20 - 17.00 **An Offensive Game Plan Using Small Ball**
Mark & Marty
- ▶▶ 17.00 – 17.40 **Hitting Drills: The Core 4, Pepper, & More**
John Vodenlich
- ▶▶ 17.40 – 18.20 **The Making of a Pitcher II: VIP**
Terry Ayers
- ▶▶ 18.20 – 19.00 **My Favorite Hitting Drills**
Marty Paulsen
- ▶▶ 19.00 – 19.40 **Observations Of 40 Years of Baseball**
Mark & Marty
- ▶▶ 19.40 – ? **Dinner & Social**
"What happens on the road – stays on the road!"



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Day Two - Sunday 31.01.2016

- ▶▶ 9.00 – 9.40 **Nothing in Excess: Playing Championship Baseball**
Mark Fuller
- ▶▶ 9.40– 10.20 **Infield Drills & Skills**
John Vodenlich
- ▶▶ 10.20 – 11.00 **Get a Grip: a Pitcher's Arsenal**
Terry Ayers
- ▶▶ 11.00– 11.40 **Aggressive Baserunning: How Fast Can You Score?**
Mark & Marty
- ▶▶ 11.40 – 12.40 **Turn Two: Teaching the Double Play**
John Vodenlich
- ▶▶ 12.40 – 13.20 **What I Wish I Knew Then....?**
Mark, Marty & Terry
- ▶▶ 13.20 – 14.00 **The Making of Men – The Reason We Coach**
John Vodenlich
- ▶▶ 14.00 – 14.40 **Review of Clinic: Q & A**
Staff
- ▶▶ 14.40 – 15.00 **Closing-Raffle-Goodbye**