

B.A.S.E.S

Baseball Coaches Clinic ***Bring All Skills to Excellence Series***

This winter, we will be hosting a series of eight (8) mini sessions that will identify those skills necessary to successfully play the game as well as to sequence teaching each skill. This series is designed to assist baseball coaches. We have listed below the schedule of topics for the series along with the dates, times, and location.

Lead Instructor- Bob Bozzuto:

- North Allegheny Athletic Director
- Assistant Head Coach, Washington Wild Things of the Frontier League
- WPIAL Baseball Committee Chairman

Guest coaches will be in attendance!

Session I

- *Thurs. Jan. 14 6:30-8:30 pm
- *Baierl Center-Ponce Room
- *Topic: Pitching Mechanics
- *10 Steps to the wind-up position
- *The stretch position
- *Pitching drills
- *Pick-off moves
- *Pitching responsibilities

Session II

- *Sat. Jan. 23 9:00-11:00 am
- *NA Senior High Library
- *Topic: The Catching Position
- *Throwing to all bases
- *Fielding the bunt
- *The art of blocking pitches
- *Catcher's stance
- *Catcher's throwing mechanics
- *Warm-up drills
- *Framing, raking & much more

Session III

- *Sat. Jan. 30 9:00-11:00 am
- *NA Senior High Library
- *Topic: The Art of Hitting
- *Stance
- *Basic fundamentals
- *Middle plate control
- *Drilling the inside pitch
- *Knowing the strike zone
- *Top-hand bottom-hand responsibilities
- *Pitch recognition

Session IV

- *Thurs. Feb. 4 6:30-8:30 pm
- *Baierl Center-Ponce Room
- *Topic: The Art of Hitting Part II with bunting mechanics
- *Hitting to the opposite field
- *Hitting the curve ball
- *Hitting drills
- *The mechanics of proper bunting
- *Sacrifice, bunting for a hit, push bunt
- *Suicide vs. safety squeeze bunt

Session V

- *Wed. Feb. 10 6:30-8:30 pm
- *Baierl Center-Ponce Room
- *Topic: Infield Position Play
- *Stance
- *Funnel Drills
- *Backhand methods, forehand play
- *Master the slow roller
- *Charging the chopper
- *Throwing fundamentals-using the crow hop
- *First base techniques

Session VI

- *Sat. Feb. 13 9:00-11:00 am
- *Baierl Center-Ponce Room
- *Topic: Infield Position Drills/Outfield Play
- *Middle Infield D combination
- *The hot corner
- *Double play keys
- *Fielding the short fly ball
- *1st & 3rd responsibilities
- *Bunt defense responsibilities
- *Outfield play mechanics
- *Crow hop

Session VII

- *Sat. Feb. 20 9:00-11:00 am
- *Baierl Center-Ponce Room
- *Topic: Defense/ Practice Plan Organization
- *Review the bunt defenses
- *1st & 3rd situations
- *Rundown (rules & responsibilities)
- *Sure double relays
- *Sure triple relays
- *Practice plan organization
- *Individual defensive drills

Session VIII

- *Sat. Feb. 27 9:00-11:00 am
- *Baierl Center-Ponce Room
- *Topic: Offensive Practice Plan Organization
- *Hitting Drills Setup
- *Base running & sliding techniques
- *Base leads vs. secondary leads
- *Drills
- *Teaching sliding techniques
- *Different types of slides