

Softball Coaching Clinic
January 22nd 8:30am-10:30am
New Prague Middle School Auditorium
\$20 per coach

Pat Perkinson, Joel Munson, and John MacFarland will lead a 2 hour clinic covering a variety of topics. Including:

The Pro Swing: John will cover the basic mechanics of the pro baseball & fastpitch swing using the Right View Pro video system. Things to look for in the swing and drills to correct flaws.

Power Line Pitching: Joel will cover the basics of the windmill motion, grip of the ball, and drills to correct flaws and build strength. What is legal and illegal in most techniques, identify and correct.

Practice organization: Pat will explain how to organize and run a practice. From Stretching and throwing progressions to hitting and fielding drills. Team building games and competitions.

We will cover any number of other subjects, depending on what the coaches want to see.

Hitting Drills: Tee drills, soft-toss drills.

Throwing Mechanics: How to grip and throw the ball properly.

Teaching Pitches: change-up, rise ball, drop, drop curve, screwball, curve.

Coaching Philosophy

Defensive Game: Coverages, defensive rotations, pick-off plays

The Short Game: Slapping and Bunting, how to teach and use effectively

Umpires: How to approach and work with.

Rules of the Game

At the end of the clinic everyone will be invited to view the off season training clinics put on by the New Prague Softball Association.

Please RSVP

Pat Perkinson

perkinson@bevcomm.net

651-246-5135

