



YOUTH BASEBALL COACHES CLINIC



Saturday, February 20, 2010

Goals/Objectives: Create a stronger bond between the high school programs and our feeder programs, assist all coaches in our area to enhance/improve overall baseball knowledge, improve skill, increase level of success and create excitement amongst our young athletes for the game of baseball.

Clinic Sponsored by

Rocky Mountain High School
Centennial High School

Coaches

Jake Taylor, RMHS Head Coach
Brad Dalton, Centennial Head Coach
Chris Frith, Asst. Coach - RMHS
Scott Freeman, Asst. Coach - RMHS
Tony Brulotte, Asst. Coach - Centennial

Cost

Free

Location

Rocky Mountain High School Gym
5450 N Linder Rd., Meridian

Registration

No pre-registration necessary but please sign in on clinic day

Clinic Topics & Times

9:00 – 9:05

Introductions and Welcome

9:10 – 9:35

Practice Planning – Weekly Outline & Daily Schedules

9:40 – 10:10

Throwing Mechanics/Progressions

10:15-10:45

Pitching Mechanics/Drills

10:50-11:20

Hitting Mechanics/Drills

11:25-12:20

Defensive Instruction – Team Concepts & Individual Mechanics/Drills

12:25-TBA

Question & Answer

Contact Information

Jake Taylor – 350-4340
taylor.jake@meridianschools.org

Brad Dalton – 855-4250
dalton.brad@meridianschools.org

Name _____

City _____

Phone _____

Email _____

League _____