



YOUTH BASEBALL COACHES CLINIC

Saturday, February 19, 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

Centennial High School
Rocky Mountain High School

Coaches

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

Cost

Free

Location

Centennial High School
12400 W. McMillan Rd., Boise

Registration

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

Clinic Topics & Times

9:30 – 9:35

Introductions and Welcome

9:40 – 10:05

Practice Planning – Weekly Outline & Daily Schedules

10:10 – 10:40

Throwing Mechanics/Progressions

10:45-11:15

Pitching Mechanics/Drills

11:20-11:50

Hitting Mechanics/Drills

11:55-12:25

Defensive Instruction – Team Concepts & Individual Mechanics/Drills

12:30-TBA

Question & Answer

Contact Information

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

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

Name _____

City _____

Phone _____

Email _____

League _____