

JOLIET CENTRAL HIGH SCHOOL COACHES CLINIC

Date: January 21st, 2018

Cost: \$25

Order of Events

8:30-8:45am - Check In

8:45-9:00am - Welcome

Session 1: 9 – 9:30

A: Practice Plans (Shetland to Mustang)

B: Practice Plans (Bronco and Pony)

Session 2: 9:35 – 10:15am

A: Defensive Drills – Infield/Outfield/Catching/Throwing (Shetland to Mustang)

B: Defensive Drills – Infield/Outfield/Catching/Throwing (Bronco - Pony)

Session 3: 10:20 – 11:00am

A: Pitching/Developing Strike Throwers – (Shetland to Mustang)

B: Pitching/What To Look For/Mental Side of Pitching – (Bronco and Pony)

Session 4: 11:05 – 12pm

A: Hitting Drills and Intent + Baserunning– (Shetland to Mustang)

B: Hitting Drills with Intent and Mental Side of Hitting + Baserunning – (Bronco and Pony)

Session 5: Round table questions – 12:05 – 12:30pm (or as long as you'd like to stay).

Coach Kevin Fitzgerald

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