



**2016 PLAY BALL! MINNESOTA COACHING CLINIC
PRESENTED BY THE TWINS COMMUNITY FUND**

FREE INSTRUCTIONAL CLINIC TO COACHES AT ALL LEVELS

**Where: Dover-Eyota Elementary School
When: Sunday March 20, 2016
Time: 1:00pm to 4:00pm – doors open at 12:30
Location: 27 Knowledge Road SW, Eyota, MN 55934**

INSTRUCTION OUTLINE

Ø Infield & Outfield

- Correct fundamentals
- Individual drills
- Team drills

Ø Throwing & Pitching

- Correct technique
- Arm care
- Drills

Ø Catching

- Correct technique
- Drills

Ø Hitting

- Correct fundamentals
- Hints to look for in a good/bad swing
- Drills

Ø Baserunning

- Correct technique
- Drills

Ø Coaching Hints

- Handling parents and umpires
- Creating practice and assistant coaches plans
- Keeping practice fun, short & effective

CLINIC FORMAT

*Play Ball! Minnesota Coaching Clinics are designed to teach coaching techniques in all of the key aspects of the game. While it is not possible for every coach to know everything about the game, it is the responsibility of the coach to have general fundamental knowledge to be an effective teacher and mentor. The clinics are perfect for beginner coaches and are also a great way for experienced coaches to learn new concepts and techniques.

*The format includes instruction in hitting, baserunning, infield/outfield, pitching, catching and throwing as well as other general coaching hints to make you a better teacher.

*The clinic is divided into two 1.5 hour long sessions. The first session covers defensive techniques and the second session covers offensive techniques as well as tips and hints to improve your overall skills. **The Twins provide all the instruction equipment needed;** participants are asked to bring any materials they need to record notes.

PASS THIS ALONG TO ALL YOUR COACHES. SEE YOU THERE!!!!!!!!!!