



# SOMBA

**SOUTH OKANAGAN MINOR BASEBALL ASSOCIATION**

Providing a Positive Baseball Experience for the Youth of the South Okanagan

## Coaching Resources

Updated March 2024

### INSTAGRAM

@baseballcanada  
@armourybaseball  
@slowthegamedown  
@thecatchersfarm  
@absolutehumanperformance  
@majorleagueuniversity  
@drivelinebaseball  
@yougoprobaseball  
@topvelocity  
@antonellibaseball  
@expandroutine  
@fullerhitting  
@coachlisle  
@thehittingvault  
@usabaseball  
@baseballfactory  
@bigleagueedge  
@5toolbaseball  
@ble.baseball

### FACEBOOK

Baseball Canada  
Driveline Baseball  
Top Velocity  
USA Baseball  
Fuller Hitting  
Big League Edge  
Baseball Factory  
Hitting Solutions with Matt Nokes

### YOUTUBE

Ultimate Baseball Training  
Yougopro Baseball  
Chopcast Live: Ron Washington w/ Ozzie Albies  
Defense with Bobby Dickerson: MASN Orioles  
MLB Network

### BOOKS

The Baseball Drill Book  
Coaching Youth Baseball: The Ripken Way  
The Mental Keys to Hitting  
Baseball Strategies: Your Guide to the Game within the Game  
Absolute Beginner's Guide to Coaching Youth Baseball