



Clinic Speaker Outlines

Virtual Convention
January 6-10, 2021 • ABCA.org

AMERICAN BASEBALL COACHES ASSOCIATION

www.ABCA.org @ABCA1945 #ABCA2021

Clinic Sessions
Presented By:



Youth Coaches Session
Presented By:



TRAIN LIKE THE PROS



[MACHINES]



[BALLS]

[NETS & SCREENS]



[TEES]



Use below code at checkout by 3/15/21.

ABCA2021



Visit ATECSports.com and receive **15% off** all training equipment.



OFFICIAL TRAINING EQUIPMENT OF MAJOR LEAGUE BASEBALL

Promotion excludes pre-owned equipment. For tax exempt orders, please call 800-755-5100 to speak directly with our customer service team.

Clinic Outlines

77th ABCA CONVENTION

January 6-10, 2021

Clinic Outline Directory

Pg. Speaker(s)

Wednesday Clinic Speakers

- 5 ABCA Introduction & Lead-Off Clinic
Major Brett Blalock, U.S. Army & Greg Frady,
Nanaimo NightOwls
- 7 Scott Stricklin, University of Georgia

Thursday Clinic Speakers

- 9 Bobby Scales, Pittsburgh Pirates
- 11 Johnny Wiggs, Santa Fe College
- 13 Charlie Greene Jr., Milwaukee Brewers
- 15 Monte Lee, Clemson University
- 17 Tim Neiman, DeSales University

Friday Clinic Speakers

- 19 Dan Roszel, University of Kentucky
- 21 Bryan Peters, Long Beach State University
- 23 Chris Pollard & Dusty Blake, Duke University
- 25 Marc Rardin, Iowa Western Community College
- 27 Jim Brower, Brower Baseball

Saturday Clinic Speakers

- 29 John McCormack, Florida Atlantic University
- 31 Dr. Barry Davis, Rider University
- 33 Jeff Willis, LSU Eunice
- 35 Todd Interdonato, Wofford College
- 37 Larry Vucan, Southlake Carroll High School (TX)

Sunday Clinic Speakers

- 39 Reginald Hollins, Tuskegee University
- 41 Barry Dean, Alabama Baseball Coaches Association
- 43 Nick Schnabel, University of Michigan
- 45 Rich Billings, Lake-Sumter State College
- 47 Mark Seaver, Wake Forest University
- 49 Nick Raynor, Topsail High School (NC)
- 51 Rudy Garbalosa, Lynn University

Youth Session Outlines

Pg. Speaker

Thursday Clinic Speakers

- 53 Nick Sussman, Washington Nationals Youth Academy
- 55 Zac Stout, Rogue Baseball Performance

Friday Clinic Speakers

- 57 Nate Metzger, Wright State University
- 59 Pat Pinkman, Seton Hall University

Saturday Clinic Speakers

- 61 Jimmy Onate, Olentangy Liberty High School (OH)
- 63 Eric Crozier, D-BAT Atlantic
- 65 Marc Polymeropoulos, Former CIA Senior Officer
- 67 Anthony Plá, Lincoln University

Sunday Clinic Speakers

- 69 Jeff Kinne, Hampden-Sydney College
- 71 Jeff Palumbo, East Carolina University
- 73 Tony Schifano, San Francisco State University
- 75 Jeff Duncan, Kent State University

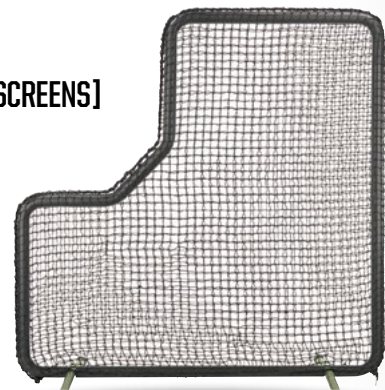
TRAIN LIKE THE PROS



[MACHINES]



[BALLS]



[NETS & SCREENS]



[TEES]

Use below code at checkout by 3/15/21.

ABCA2021



Visit ATECSPORTS.COM and receive **15% off** all training equipment.



OFFICIAL TRAINING EQUIPMENT OF MAJOR LEAGUE BASEBALL

Promotion excludes pre-owned equipment. For tax exempt orders, please call 800-755-5100 to speak directly with our customer service team.



MAJOR BRETT BLALOCK, U.S. Army
GREG FRADY, Nanaimo NightOwls

**Organizational Values: Foundations for Training Application
and Winning On and Off the Field**

I. Introduction: The “Selection Box” – A theory in Talent versus Values

II. The Army Values “A way”

A. LDRSHIP (Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, Personal
Courage)

B. Living by/exemplifying equals trust – enables trust throughout the organization

C. How Organizational Values interact with each other – a concept

1. Trick question – What Army value do you think is the most important? Answer
– they are all equally important. But why??

D. Application of Organizational Values

1. In training – how/why to reinforce each event

2. In narrative – how/why to reinforce in media/narrative/production/published
works

3. In representation – how/why to embody values on and off field

III. The Theory of “Mission Command”

A. “Extending trust so subordinates can execute within the commander’s intent” –
What does that mean??

B. Organizational Accountability – our accountability to the Army (college/corporation/
fans/community).

C. Individual Accountability – one’s accountability to other teammates, the coaches,
the staff, professors

IV. Coaches challenge

A. What is your organizational vision/mission?

B. What are your organizational values. How are they nested (tied to) with your vision/
mission? How do you train values How do you reinforce them (legacy)?

C. How do you encourage a player to “buy in” to your organizational values?? How do
you hold player accountable to your established values???

TRAIN LIKE THE PROS



[MACHINES]



[BALLS]

[NETS & SCREENS]



[TEES]



Use below code at checkout by 3/15/21.

ABCA2021



Visit ATECSPORTS.COM and receive **15% off** all training equipment.



OFFICIAL TRAINING EQUIPMENT OF MAJOR LEAGUE BASEBALL

Promotion excludes pre-owned equipment. For tax exempt orders, please call 800-755-5100 to speak directly with our customer service team.



SCOTT STRICKLIN
University of Georgia
Catching Drills and Skills

I. Receiving:

- A. Face Off
- B. Wall Ball
- C. Rapid Fire
- D. Machine Frame (With Wrist Weights and Without)

II. Throwing:

- A. One Knee
- B. Transfer Drill
- C. Foot Work (With Resistance and Without)
- D. Training Glove
- E. Throwing To The Bases

III. Blocking:

- A. Ideal Block Position
- B. Three Ball Drill
- C. Hands Down
- D. Block And Stop
- E. Block And Recover (With Resistance and Without)
- F. Cheat Drill
- G. Jedi Block/Receive

TRAIN LIKE THE PROS



[MACHINES]



[BALLS]

[NETS & SCREENS]



[TEES]



Use below code at checkout by 3/15/21.

ABCA2021



Visit ATECSports.com and receive **15% off** all training equipment.



OFFICIAL TRAINING EQUIPMENT OF MAJOR LEAGUE BASEBALL

Promotion excludes pre-owned equipment. For tax exempt orders, please call 800-755-5100 to speak directly with our customer service team.



BOBBY SCALES

Pittsburgh Pirates

The Art of the Steal

1. Mentality of a Thief
 - a. Stealing, by definition, is something that you shouldn't do and is not just taboo but against the law in our society.
 - i. Socially
 - ii. Religiously
 - iii. Culturally
 - b. What is inside the minds of thieves in the preparation and execution of crimes.
 - c. Why is any of this important to stealing bases on a baseball field.
 - d. What type of environment needs to be created in a team/program that is going to be prolific at using the stolen base as a weapon.

2. Preparation to Steal
 - a. Information
 - i. Know Thy Self
 1. How fast am I really?
 - a. What are my numbers and why they are significant?
 - b. 10/20
 - c. Lead to slide (especially at 2B)
 2. What numbers are important
 - a. Pitcher Times
 - b. Pop Times
 3. What information is important
 - a. Information about the battery
 - b. Pitcher moves, keys and tells (Starters and Relievers)
 - c. Arsenal
 - d. Strike throwing ability
 - e. Catcher stances
 - f. Tendencies of both
 - ii. Calculate the risk
 1. What does the scoreboard say?
 2. Where are we in the lineup?
 - b. Physical
 - i. Winning Up Front
 1. Lead length
 - a. How far?
 - b. What the numbers tell us about it?
 2. Motion (mostly talking about 2nd but applies at 1st as well)
 - ii. Execution
 1. Drive, Stride, Attack.
 2. Actual running mechanics and why don't we practice it more.
 3. Sliding into bags



Terryberry

THE OFFICIAL
CHAMPIONSHIP RING
PROVIDER OF THE ABCA



Visit our virtual booth!

5%
DISCOUNT

On Team Orders of Fifteen
Award Rings or More

(616) 498-2147

www.championshipawardrings.com



JOHNNY WIGGS

Santa Fe College

Basics of Developing Dynamic Pitchers

- I. What Are We Looking For
 - A. Great Competitors
 - B. Toughness
 - C. Adaptability
 - D. Confidence

- II. Basic Philosophy
 - A. Work Fast
 - B. Throw Strikes
 - C. Change Speeds
 - D. Babe Ruth is Dead

- III. Pitching Debates
 - A. Drill Work
 - B. Long Toss
 - C. Weighted Balls
 - D. Heavy Weight Training
 - E. Long Distance Running

- IV. How Do We Get Them Better
 - A. Throw Consistently
 - B. Drill Work
 - C. Long Toss
 - D. Long Toss Changeups
 - E. Windup / Stretch Work
 - F. CB/SL Rotation
 - G. Competitive Bullpens / Mechanics vs Pitch Design

- V. Basic Pitching Plan
 - A. Primary Goal
 - B. Downhill
 - C. 2 out of 3

- VI. General Strategies
 - A. Last Thought Positive
 - B. One Pitch Away
 - C. Get Ahead / Get Lead Off Hitter Out
 - D. Pitch In / Both Sides
 - E. In a Nutshell

- VII. Simple Thoughts
 - A. Everything Happens Below the Hat
 - B. Toe It and Throw It
 - C. Make it Happen this Pitch
 - D. Do it Easy
 - E. Set it and Forget It
 - F. Don't Try to Throw too Hard too Early

TRAIN LIKE THE PROS



[MACHINES]



[BALLS]

[NETS & SCREENS]



[TEES]



Use below code at checkout by 3/15/21.

ABCA2021



Visit ATECSports.com and receive **15% off** all training equipment.



OFFICIAL TRAINING EQUIPMENT OF MAJOR LEAGUE BASEBALL

Promotion excludes pre-owned equipment. For tax exempt orders, please call 800-755-5100 to speak directly with our customer service team.



CHARLIE GREENE JR.
Milwaukee Brewers
Developing Today's Elite Receivers

Setup

Preparation

Presentation

Flaws

Tools

Drills



THE MOST ICONIC BAT EVER. PERIOD.

**BO
MR PADRE
LARK
BIG MAC
THE BIG MARINE
KENT
O'NEILL
GONZO
ELWAY
TINO
TITO**

EASTON

**THE
GREEN
EASTON
IS BACK.**

**B5 PRO
BIG
BARREL**

**BBCOR
CERTIFIED .50**



THIS CHANGES EVERYTHING. AGAIN.

#GREENEASTON EASTON.COM



@EASTONBASEBALL



@EASTON_BASEBALL



@EASTONSPORTSNETWORK



MONTE LEE Clemson University

Four Building Blocks of Offense: Movement, Approach, Timing, Environment

Movement

- Setup/Forward Move
 - 50/50 - Feel the weight evenly in both feet, eyes over toes, hinged at hip line
 - Shoulders/Knees Square – Level eyes, no obstruction of vision
 - All movements in warmup / cage – Want the athlete to move forward with even hip line
 - No movements should occur with a shift back in weight, load in not back, or spinning on feet
 - Load Vertically, not horizontally, cue “load into the ground”
 - Hip line level on forward move critical for swing adjustability
- Warmup
 - Farmboard
 - Medball throws, no stride/stride
 - Aquabag
 - Linear swing, hip shoulder disassociation
 - Aquaball
 - Anti-Rotation
- Cage
 - All Cage drills are done with side toss (45 degree angle – flip to front hip), short overhead toss (10 steps/25 feet) no tees/flips
 - Rope drill – heavy bat – Bosu ball – bat between feet – yoga block - farmboard

Approach

- How many balls can you cover and make hard contact? Mentality (best swing, no decal, no check swing)
- Use the plate as a compass for bat path
- Damage – 0 strikes
- Gap to Gap – 1 strike
- B Hack – 2 strikes

Timing

- External Cues (top bar of L-screen)
- 3 Phases
 - Initial Move (Load at break of hands)
 - Forward Move (Stride forward when arm comes forward)
 - Swing (Rotation begins when ball is at 8-15 feet)

Environment

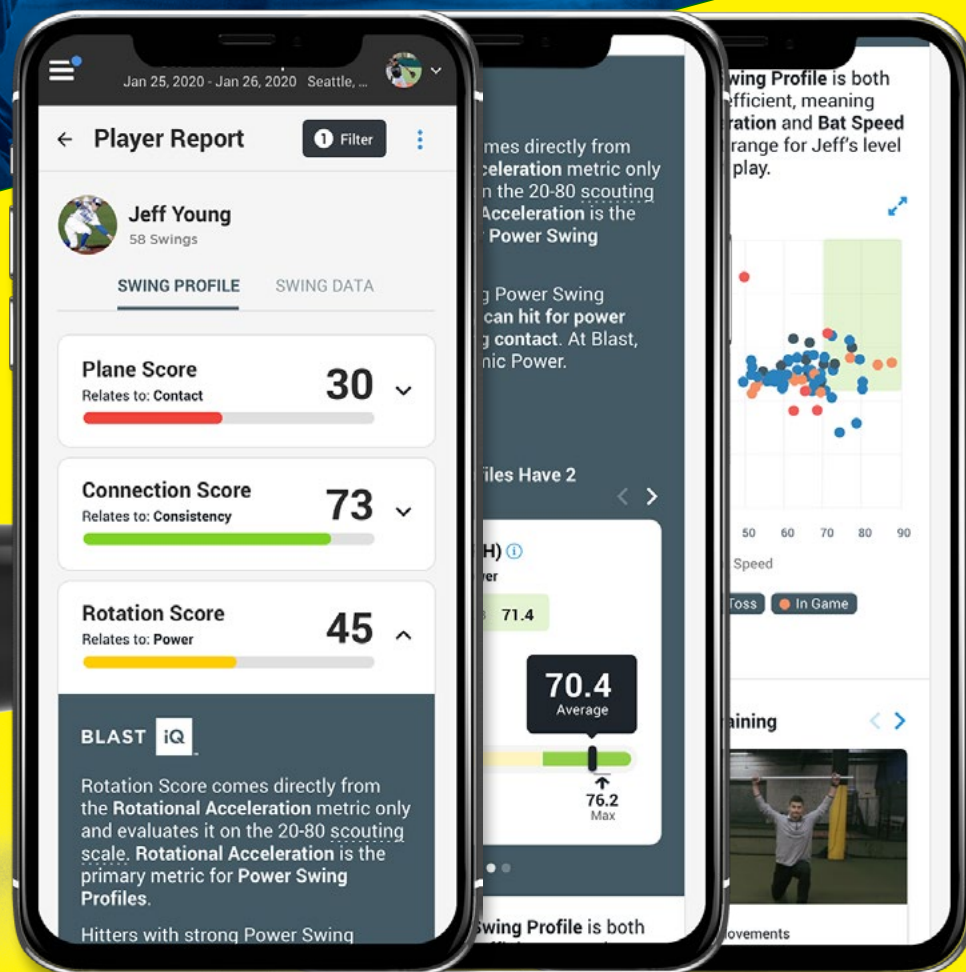
- Angle Machine / Double Hack / Mix BP
- Open Cage Competition
- BP Constraints – 25 feet, cage pushed up, over/under, barrier wall

BLAST BASEBALL

MEASURE WHAT MATTERS

PLAYER DEVELOPMENT & SWING ASSESSMENT

Stop by the virtual Blast booth to learn how the Blast solution can benefit your program and deliver on-field results.



blastmotion.com

TRAIN SMARTER.
GET BETTER.™



TIM NEIMAN

DeSales University

A Coach's Legacy: What Will Your Legacy Be?

What exactly is a legacy?

- *It's those small acts of kindness done well and without expectation of reward or recognition that find a special place in someone's heart.*

L = Love

E = Empower

G = Giving

A = Accountable

C = Committed

Y = Family

LOVE

- Never work a day in your life
- What happens outside the lines, outside of the games and practice
- Required to share in the burden of others
- Once they play for you, they will always play for you!
- Social media
- Here if you need me....always!

EMPOWER

- Do not embarrass the ball club!
- Surround yourself with great people and let them coach!
- Create your coaching tree
- Learning what not to do

GIVING

- You have done nothing in this world until you have done something for someone else
- Givers by nature.
- Matthew 3:16 – Laying up Treasures
- Community service

ACCOUNTABLE

- Be the coach you would want your son or daughter to play for
- Making difficult and tough decisions
- Dealing with adversity and failure
- You truly are never away from it

COMMITMENT

- Reputation
- Do what is right
- Do your best
- Caring about people
- Remembering how you made them feel

What is your Y?FAMILY!!

- It is your team and all they represent
- It is your peers and all they represent, the coaching fraternity
- It is your university or organization
- Above all...it is your FAMILY

TRAIN LIKE THE PROS



[MACHINES]



[BALLS]

[NETS & SCREENS]



[TEES]



Use below code at checkout by 3/15/21.

ABCA2021



Visit ATECSPORTS.COM and receive **15% off** all training equipment.



OFFICIAL TRAINING EQUIPMENT OF MAJOR LEAGUE BASEBALL

Promotion excludes pre-owned equipment. For tax exempt orders, please call 800-755-5100 to speak directly with our customer service team.



DAN ROSZEL

University of Kentucky

The Pitcher as the 9th Fielder

Wildcat-5 (Complete Pitcher)

- 1. Dominate mental game, 2. Repeat our delivery, 3. FB command, everything works off of it & Change speeds with CH + quality CV/SL, 4. Control the running game, **5. Field our position: Be a complete pitcher, athlete, 9th fielder, know the fielding zones/priority system, pick throws and back up bases. We will always be in motion and communicate.**

Catch Play

- 90FT to 60FT: Shuffle plays, DP, Hot
- 60FT: Pick throws 1B, 2B, 3B
- 60FT to 20FT: Ball on ground, off balance plays, flip

Coverage Area (Bunts/Soft Contact/Swinging Bunts/Pop-ups)

- Full Arm Fake/Dead Zone
- Hot Zone
- Shuffle Zone
- Flip Zone
- Clear Zone

Lead Outs

- Situation/inning, bad bunt & runners dictate if we have it
- Must be 100% if early game, need outs

Comebackers

- Goalie: in the circle, field, run it to 1B, flip and follow
- Initiate the double play, field, turn, shuffle & throw, 1-out is a must 2 is a plus

Cover 1B

- 3 Hard Steps any ball on right side, direct line (left shoulder to front right corner)
- Chop once in dirt, hit bag and clear
- DP, break down late, turn shoulders

Games: Golden Glove, Smoke 'Em', Suicide Squeeze, Cover Hops, Back Hands, Wall Ball

Notes

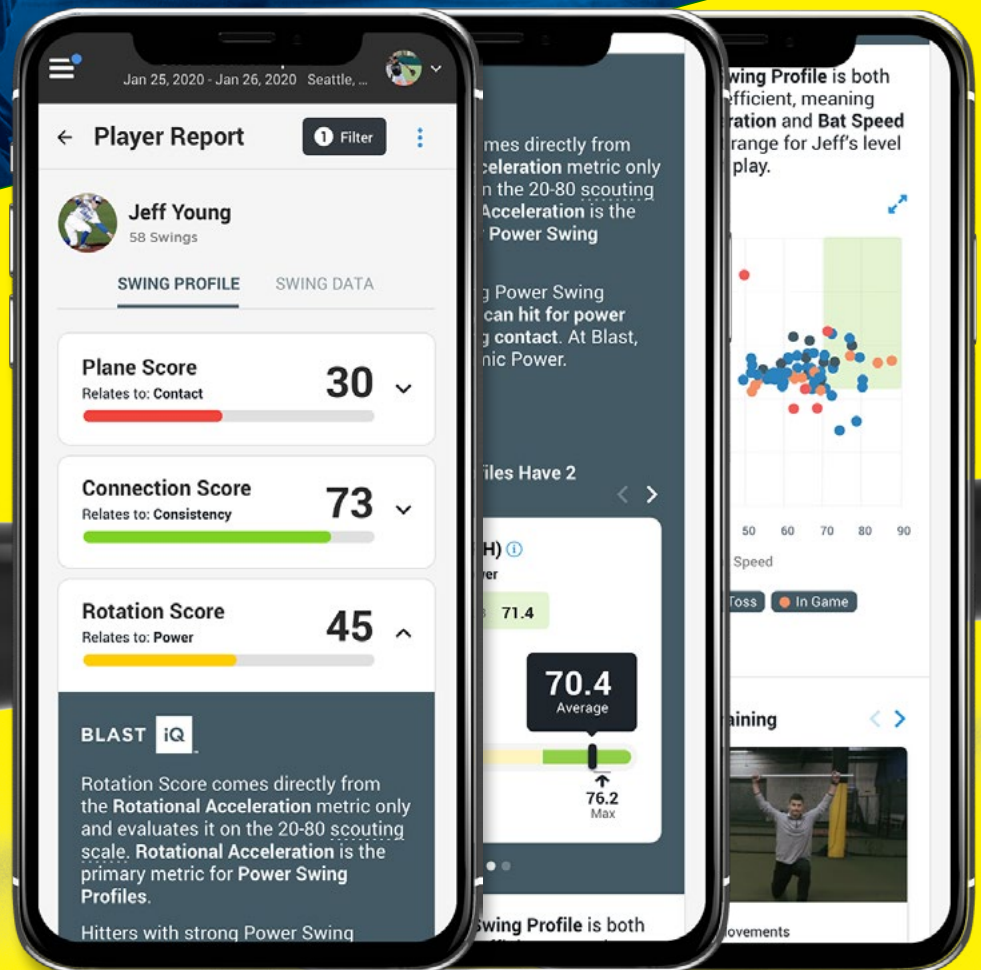
- Championships are won with Pitching & Defense. Championships usually come down to being able to lay down a bunt or your ability to field one.
- We will have the mentality of taking care of the baseball. It starts with Pitchers (strikes, fielding & throwing and pick throws).
- PITCHERS ARE ATHLETES!!! We want our pitchers to be the most competitive player on the field. Promote the idea of the Pitcher as an athlete, 9th fielder or you lose a fielder.
- We want our guys to be active on the mound. We want every ball until we are called off. Be a little league athlete again.
- Must define, give guidelines, explain the why and then drill it.
- If you can put a watch on it, then it becomes more game like. Prepare for the fastest runner you will see so guys understand what needs to be done to be quick and accurate.
- If it's important to you, it will be worked on every day.

BLAST BASEBALL

MEASURE WHAT MATTERS

PLAYER DEVELOPMENT & SWING ASSESSMENT

Stop by the virtual Blast booth to learn how the Blast solution can benefit your program and deliver on-field results.



blastmotion.com

TRAIN SMARTER.
GET BETTER.™



BRYAN PETERS
Long Beach State University
The Hybrid Offense

Old School and New School – East Coast and West Coast – Art and Science

New School/East Coast/Science

- Prioritize OPS & Exit Velo, tech, data, measurements, do what the numbers say do what you do best
- What it looks like: leg kicks, A swings, hit balls in the air, who cares if you strike out
- Football version is Air Raid – deep routes, score more and score quickly, quarterback's job is to win the game
- Basketball version is Run n Gun, shoot quick so you can score more, take 3's, win by outscoring opposition
- Golf version is distance and never lay up
- Boxing version is as many knockout punches as possible, get the fight over quick

Old School/West Coast/Art

- Prioritize Contact & Moving Runners, scouting reports, approach, do what your opponent struggles with
- What it looks like: simple moves, tough out, keep the ball out of the air, force them to make mistakes
- Football version is ball control, time of possession, keep the opponents off the field, quarterback's job is to not lose the game
- Basketball version is slow pace, trap and pressure defense, eat up the shot clock, win by keeping the opposition from scoring
- Golf version is pitch, chip, putt and get strikes around the green
- Death by a thousand jabs, defense, wear him out and win the score card

Video games – playing against the computer

Practice – what you prioritize, you are good at

Your Niche – over the course of the season the numbers slant in your favor



Introducing the Next Level of Training



NEW! ELITE & I-Hack Attack Baseball Pitching Machines

New I-Hack with touch screen interface.

With the familiar look and feel of a personal tablet, the interface is a customized touch screen through which you can control and select pitch type, speed and spin, as well as access to saved favorite pitches and sequences. Ball location adjustment is manual.

The eHack is back at a new Elite level!

Introducing the Elite eHack electronic baseball pitching machine. With this innovative training tool you will be able to instantly control pitch type, speed, spin (accessing each individual motor), angle and location (automatically adjusts) through a large touchscreen interface. Standard pre-set pitches or favorites and sequences that you design delivered in random or repeat modes-all at your fingertips.



P.O. Box 1529 | 2805 US 40 | Verdi, NV 89439
tf 800.717.4251 | ph 775.345.2882 | sportsattack.com



CHRIS POLLARD & DUSTY BLAKE
Duke University
Developing Command in Today's Velo-First Environment

Control vs. Command

What the Data Tells Us

How Do We Develop Command?

Communication: Internal vs. External

Command Goal: Any Pitch, Any Count, Any Time



Terryberry

THE OFFICIAL
CHAMPIONSHIP RING
PROVIDER OF THE ABCA



Visit our virtual booth!

5%
DISCOUNT

On Team Orders of Fifteen
Award Rings or More

(616) 498-2147

www.championshipawardrings.com



MARC RARDIN
Iowa Western Community College
Total Team Competitive Practice Drills

Your Challenge today:

- Help them fight boredom & frustration
- Open your mind
- Facilities / make use of what you have
- Time structure
- Find 1 thing
- Be creative for them
- Manpower

REIVER BATTING PRACTICE

- Multiple ways to use this template of game simulated BP
- 2 Teams Defense / Offense
- Basic rotation is DEAD-LIVE-DEAD-LIVE
- 6ball Rd DEAD-DEAD-LIVE-DEAD-DEAD-LIVE when you have smaller grps & more time.
- Which ever ball is last ball of Rd is LIVE & hitter will run it out after put in play.
- Offense is hitters & base runners grps
- Only "4th ball live" w/ less time & larger grp

POINT GAME

- Offensive drill. Every swing is done w/ 1 out
- Same format as Reiver BP w/ Def & Off Grps
- Point given for every base reached
- You choose base running situations

BREAKDOWN & ROUNDS

- All position players at home plate
- Position Players run w/ baseball gloves on
- Alternate Inf & OF positions running
- Except 1 at 1B & 1 at 2B position
- Always use cones so no one cheats or is lazy

4 BASE BASERUNNING

- 2 Runners at each base
- Every R @ 2B & 3B are working on their own
- Knowing where ball is hit
- Hitter & R @ 1B will work H&R
- Work rounding bags
- Pitchers stand in 3 OF positions

2 TEE

- ½ position players hit to other ½ taking GBs
- Add pitchers sprints to 1B for conditioning & in game time awareness for INFs
- Be creative for fielding drills & inf situations

3 TEE

- ½ the OFs hit to ½ the INF & other ½ of INF hit to ½ OF
- Include Catchers for INF & OF work
- Can be creative w/ 3 or 5min drill patterns

1 TEE

- Hitter, Base runner, Fielder
- Baserunners reads (ahead/behind)
- Works barrel control
- Defensive reads of GBs & runners

UTILITY DRILL

- Be Creative!
- Examples: Slow roller, Back hands, Pick plays, Force outs, Get ups (squat/belly)
- OFs long hop bases
- Helps you evaluate your athleticism

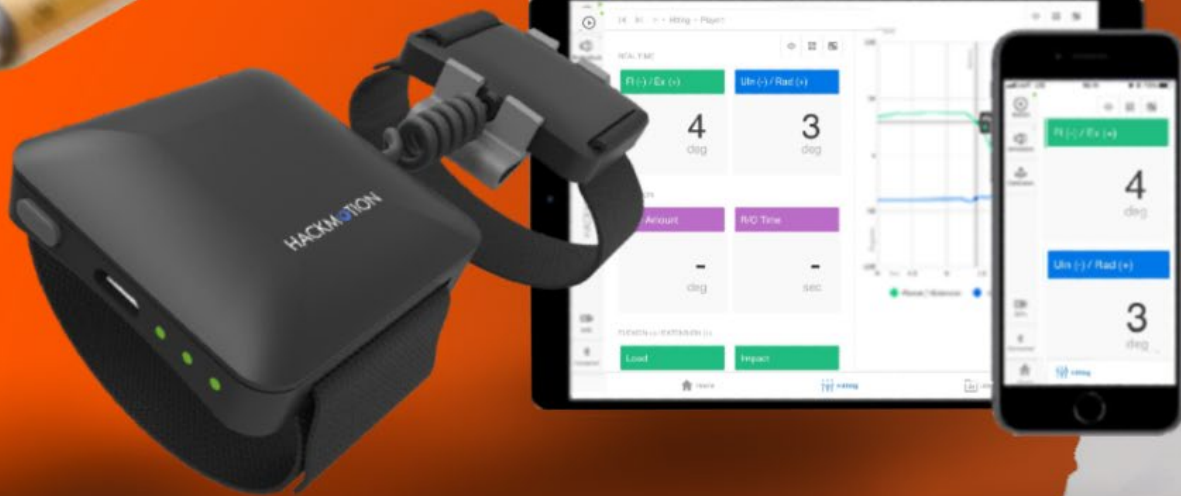
NO DOUBLES RACE w/ HARD ROUNDS

- Infs run trying to get to 2B on OFs
- OFs are forced to aggressively get to balls & long hop straight to 2B
- Many ways to play out this drill. Hit live, tee, side toss, front toss, coaches fungo
- Cone is placed 2 strides past 1B, is when baserunner can look & see where OF is w/ baseball

HACKMOTION

Revolutionary wrist sensor

FOR LEARNING BAT CONTROL



Get instant hand and wrist data for every moment of the swing

Use audio feedback to fix common swing faults
like "rolling over" and "casting"

Compare the best/worst swings

[HACKMOTION.COM/BASEBALL](https://hackmotion.com/baseball)



JIM BROWER

Brower Baseball / Former MLB Pitcher Successfully Connecting Pitchers with Data

- I. Laying the foundation for success
 - a. Knowledge
 - Data & Information
 - b. Experience
 - Instructing & Coach/Player relationship
 - c. Success
 - Personal to each player

- II. Making complex data actionable
 - a. Personalize
 - b. Simplify
 - c. Be direct

- III. How to start: Start with the decision to try
 - a. Gather information
 - b. Manage information
 - c. Create a plan
 - d. Execute
 - e. Evaluate

- IV. What to look for in the data: Keep it simple early
 - a. Stay with your coaching strengths
 - b. Trends up or down
 - c. Consistency
 - d. Game results

- V. Using data beyond the basics
 - a. Health concerns
 - b. Conversation starter
 - c. Working points

www.BrowerBaseball.com

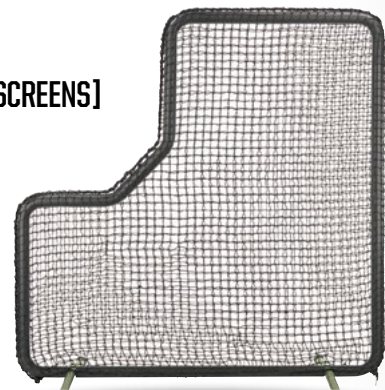
TRAIN LIKE THE PROS



[MACHINES]



[BALLS]



[NETS & SCREENS]



[TEES]

Use below code at checkout by 3/15/21.

ABCA2021



Visit ATECSports.com and receive **15% off** all training equipment.



OFFICIAL TRAINING EQUIPMENT OF MAJOR LEAGUE BASEBALL

Promotion excludes pre-owned equipment. For tax exempt orders, please call 800-755-5100 to speak directly with our customer service team.



JOHN McCORMACK
Florida Atlantic University
Coaching the Bases, Directing Traffic and Managing the Runners

1. Overview

- a. Preparation to Coach the Bases
- b. 1st Base
- c. 3rd Base
- d. DON'T BECOME A SPECTATOR

2. Preparation

- a. Scrimmages / Intrasquads
- b. Base Running Drills
- c. Scouting
- d. Video Yourself
- e. Terminology

3. 1st Base

- a. Gathering Information
- b. Assisting the Runners
- c. Directing Traffic

4. 3rd Base

- a. Make Sure the Players Know Your Voice and Actions
- b. Be Active
- c. Make Sure You Have Good Sightlines with the Runners
- d. Communicate Clearly
- e. Stay Calm
- f. DON'T BECOME A SPECTATOR

TRAIN LIKE THE PROS



[MACHINES]



[BALLS]

[NETS & SCREENS]



[TEES]



Use below code at checkout by 3/15/21.

ABCA2021



Visit ATECSports.com and receive **15% off** all training equipment.



OFFICIAL TRAINING EQUIPMENT OF MAJOR LEAGUE BASEBALL

Promotion excludes pre-owned equipment. For tax exempt orders, please call 800-755-5100 to speak directly with our customer service team.



DR. BARRY DAVIS
Rider University
Elite Programs Built by Elite Coaches

I. The Greatest Transformation in Collegiate History – Twice.

II. Describing/Defining Elite Coaching.

III. The Study.

- a. Framing.
- b. Research Questions.

IV. Three Key Points.

- a. Problem, Plan, Vision.
- b. The Five Pillars.
- c. Action.

V. Barriers, Adjustments, Reverse Engineer

- a. The Barrier.
- b. Critical Steps.
- c. Working Backwards

VI. The Five Pillars

VII. Action

- a. URtheCulture.

VIII. If I had to start over again, what would I do differently?

IX. What do we know?

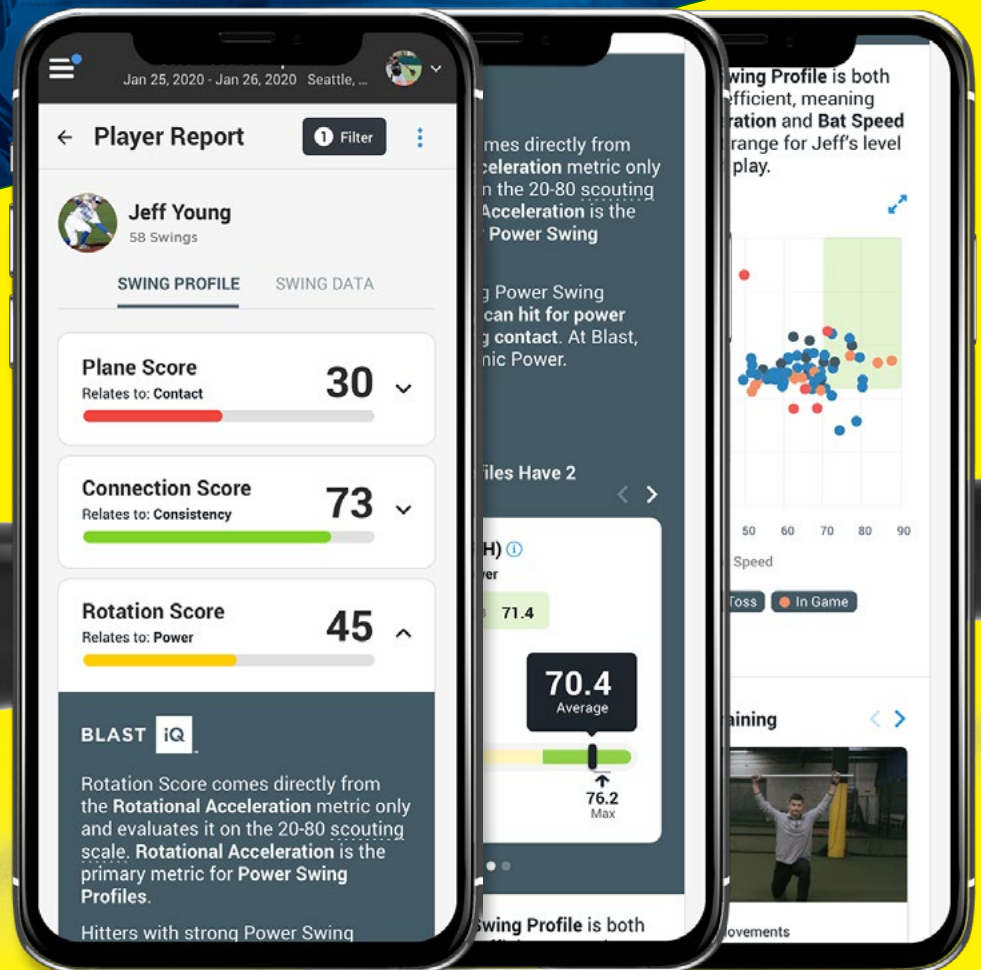
@BarryDavis42 barry@barrydavis.co barrydavis.co 229-938-6573

BLAST BASEBALL

MEASURE WHAT MATTERS

PLAYER DEVELOPMENT & SWING ASSESSMENT

Stop by the virtual Blast booth to learn how the Blast solution can benefit your program and deliver on-field results.



blastmotion.com

TRAIN SMARTER.
GET BETTER.™



JEFF WILLIS

LSU Eunice

Offensive Approach: Controlled Chaos

1. Definition of Controlled Chaos
2. Individual Game Philosophy
3. Inning Goals
4. Goals of Chaos
5. Beginning of Chaos
6. Individual At-Bat Philosophy
7. Quality Abs
8. First Base
9. Second Base
10. Third Base
11. Points of Emphasis
12. Closing Thoughts

TRAIN LIKE THE PROS



[MACHINES]



[BALLS]



[NETS & SCREENS]



[TEES]

Use below code at checkout by 3/15/21.

ABCA2021



Visit ATECSports.com and receive **15% off** all training equipment.



OFFICIAL TRAINING EQUIPMENT OF MAJOR LEAGUE BASEBALL

Promotion excludes pre-owned equipment. For tax exempt orders, please call 800-755-5100 to speak directly with our customer service team.



TODD INTERDONATO

Wofford College

Team Offense with Small Ball Incorporation

Team Offense vs Hitting

- Mechanics vs Mindset
- Clear Intent at Each Station

Your Ego vs What We Need

- Chasing Hits, Results, Numbers
- Situations, Execution, Entire AB

Expectation of Our Lineup

- Do Your 1/9th
- Player Skill Set vs Game Situation

Cage/BP Work and Mindset

- Metrics Monday, Bunt School, Intrasquad Execution Rates
- Daily Habits to Train Our Approach

We Can Do Both

- OK/Advantage Counts – 4s and 5s Only
- 2K At Bats – Compete and Get Something in Play

Parts of our Composite Offense

- Hit and Runs, SBs, DBRs, SACs, Bunts for Hits, Squeeze, HBP, 3<2s, 3-2 Counts
- Charts and Expectations (Team and Individuals)



Terryberry

THE OFFICIAL
CHAMPIONSHIP RING
PROVIDER OF THE ABCA



Visit our virtual booth!

5%
DISCOUNT

On Team Orders of Fifteen
Award Rings or More

(616) 498-2147

www.championshipawardrings.com



LARRY VUCAN
Southlake Carroll High School (TX)
Developing a Player Evaluation System

I. Why develop a Process Based Evaluation System

- a. Started out as a way to provide support when defending roster and playing time decisions.
- b. Turned into a tool that helped shape our roster and strategy.
- c. Fuels Daily Competition
- d. Empirical Evidence to support decisions
- e. MICRO – Feed back to develop IPP's (Individual Player Plans)
- f. MACRO – Allows us to create practice plans to support player and TEAM development.
- g. THESE ARE THE DUDES!

II. FIND OUT WHAT MATTERS TO YOU

- a. Wanted to create a highly competitive practice environment every day.
- b. Have only 50 minutes a day for FALL / OFF-SEASON practice
- c. Everything revolved around the BP/Cages Format which has become the heart of our evaluation process
- d. HHB's, Defensive chances & Situational Baserunning
- e. We CHART everything you can based on the people available to do it.

III. WHAT YOU NEED TO EXECUTE EVALUTION SYSTEM

- a. Managers / Kids you steal from PE / PO's / Injured Players
- b. Legal Size Clip boards
- c. Charts & Pencils
- d. Teach them what to focus on and how to tally the way you want.
- e. We use google sheets and input daily new data / Create your formulas in the cells to reduce time.

IV. WHAT THE NUMBERS SAY

- a. Looking to get down to ONE number called our WAR INDEX or DRAGON PERFORMANCE INDEX DPI.
- b. The lower the number the greater the performancelike Golf!
- c. Simple addition and Division
- d. Can tailor and weight the formula to emphasize what you want to emphasize

V. MEASURED PERFORMANCE INDICATORS for DPI

- a. Spring 2020 Offensive / Defensive / Running Game STATS (GC)
- b. Fall 2020 Metric Evaluation (60, 1-Mile Run, EV, Velo, Bench, Squat) (3x in the fall)
- c. Fall 2020 Leadership Points Program for DPI
- d. Fall 2020 Practice HHB DPI
- e. 2020 Fall League Offensive / Defensive / Running Game STATS (GC)

TRAIN LIKE THE PROS



[MACHINES]



[BALLS]

[NETS & SCREENS]



[TEES]



Use below code at checkout by 3/15/21.

ABCA2021



Visit ATECSPORTS.COM and receive **15% off** all training equipment.



OFFICIAL TRAINING EQUIPMENT OF MAJOR LEAGUE BASEBALL

Promotion excludes pre-owned equipment. For tax exempt orders, please call 800-755-5100 to speak directly with our customer service team.



REGINALD HOLLINS Tuskegee University

Outfield Play with Drill Work: Last Line of Defense

I. Mental Preparation Drills

- A. Pre-Pitch Drill
- B. Pre-Pitch Play Variation with Ladder Agility

II. Pick Drills & Groundball Focus

- A. Routine Picks
- B. Routine Picks into Crow Hop
- C. Routine Play
- D. Glove Side Play
- E. Backhand Play

III. Groundball Variations w/ 3 cone drill

- A. Glove Side Momentum
- B. Forehand Momentum

IV. Fly ball Variations w/3 cone drill (Footwork & Angles)

- A. Backhand Catch
- B. Glove side Pivot
- C. Behind & Through

V. Scattered Throwing Drills (Let It Fly)

- A. RF Line to 2B
- B. R/C Gap to 2B
- C. Shallow Blooper Play over 2B to HP
- D. LF Line to 2B
- E. Deep L/C Gap to 3B
- F. Shallow Blooper Play over SS to HP

TRAIN LIKE THE PROS



[MACHINES]



[BALLS]



[NETS & SCREENS]



[TEES]

Use below code at checkout by 3/15/21.

ABCA2021



Visit ATECSPORTS.COM and receive **15% off** all training equipment.



OFFICIAL TRAINING EQUIPMENT OF MAJOR LEAGUE BASEBALL

Promotion excludes pre-owned equipment. For tax exempt orders, please call 800-755-5100 to speak directly with our customer service team.



BARRY DEAN
Alabama Baseball Coaches Association
Coach & Player – Umpire Relationship

- I. “Torn Between Two Lovers.”
- II. What do you see in a Good Umpire? (Besides Correct Outs/Safes, Ball/Strikes)
What do you see in a Bad Umpire? (Besides Bad Calls)
- III. Umpires are paid to get em’ right, right? So.... Just get em’ right. Simple. Or is it?
- IV. Hey, working “Blue” is part of the game. If “Blue” can’t handle it, find another job.
- V. Is “Blue” frustrating you, or something or someone else?
- VI. The best time to “work” the Umpire.
- VII. What are You teaching Your Players?
- VIII. Definite No-No’s / How To and Not to Argue calls.
- IX. Coaches gossip about Umpires between themselves all the time. Umpires never do that about coaches.....
- X. Why Umpires detest Coaches (at times), and can seem to have a chip on their shoulders (at times).
- XI. Just how well do you know the Rule Book?
- XII. Your Catcher can be worth his Weight in Gold!
- XIII. Players take the lead from the Coach in dealing with Umpires.
- XIV. How to treat an Umpire from the time he arrives at your park until the time he leaves.
- XV. Five misunderstood Rules or Rulings by Coaches.
- XVI. Five Common Gripes Coaches have about Umpires.
- XVII. Five Common Gripes Umpires have about Coaches.

Barry Dean – (334) 676-0434 – barrydean@alabca.org

TRAIN LIKE THE PROS

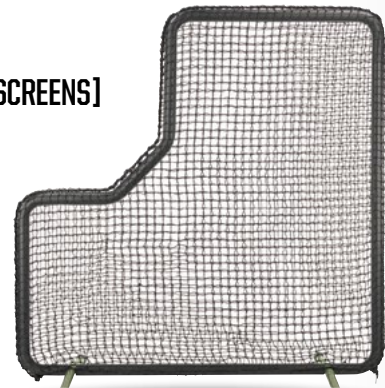


[MACHINES]



[BALLS]

[NETS & SCREENS]



[TEES]



Use below code at checkout by 3/15/21.

ABCA2021



Visit ATECSports.com and receive **15% off** all training equipment.



OFFICIAL TRAINING EQUIPMENT OF MAJOR LEAGUE BASEBALL

Promotion excludes pre-owned equipment. For tax exempt orders, please call 800-755-5100 to speak directly with our customer service team.



NICK SCHNABEL
University of Michigan
Developing Your Infield, One Position at a Time

I. Mindset

- A. Be Aggressive!
- B. Effort and Intent
- C. Separate O and D
- D. Anticipate WANT, EXPECT the Ball

II. Communication

- A. In Training/Practice
- B. In Game

III. Throwing Program

- A. Strengthen Arm
- B. Throwing Skills: Aim Small, Miss small
- C. Ball Handling

IV. 6 F's

- A. Consistency → Confidence → Success
- B. 2 Man Drills

V. 1B Play

- A. Positioning/Approach to Bag
- B. Set Up/Stretching Mechanics
- C. Picks
- D. Ground Ball Work

VI. 3B Play

- A. Positioning
- B. Ready Position/Eyes
- C. Ground Ball Work
- D. Bunt Defense Basics

VII. 2B Play

- A. Positioning
- B. Starting Double Plays
- C. Finishing Double Plays
- D. Ground Ball Work

VIII. SS Play

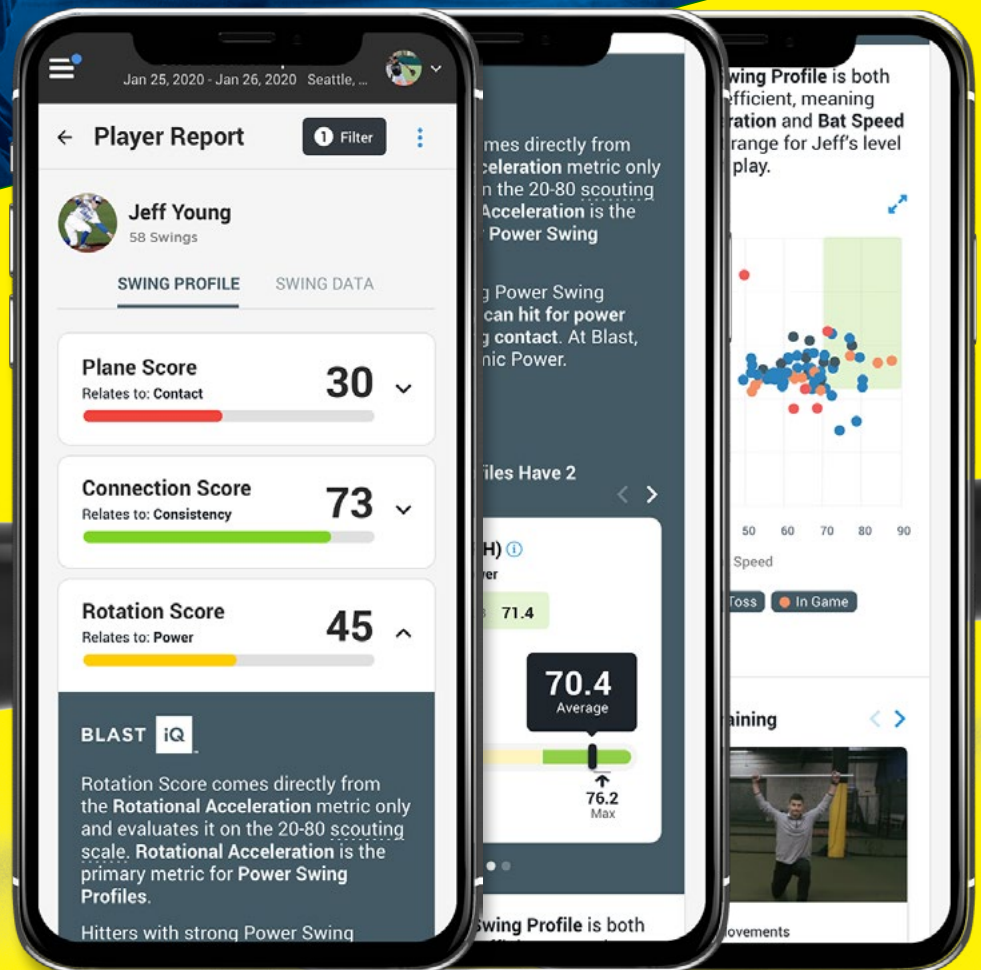
- A. Positioning
- B. Starting Double Plays
- C. Finishing Double Plays
- D. Ground Ball Work

BLAST BASEBALL

MEASURE WHAT MATTERS

PLAYER DEVELOPMENT & SWING ASSESSMENT

Stop by the virtual Blast booth to learn how the Blast solution can benefit your program and deliver on-field results.



blastmotion.com

TRAIN SMARTER.
GET BETTER.™



RICH BILLINGS

Lake-Sumter State College

Controlling the Running Game from the Outfield

- I. Ready Position
 - a. Tense is slow
 - b. Loose is fast

- II. Pre-Pitch Positioning & Movement of Outfielders
 - a. The outfield wall is a number line (-3, -2, -1, 0, 1, 2, 3, etc.)
 - b. Corner outfielders move w/ centerfielder (Only giving up one gap)

- III. Outfielder Mindset/Philosophy On a Live Ball

- IV. Drill Series
 - a. Long Hops
 - i. Points of Emphasis: Focus on a spot to land the ball
 - ii. Long hops will be more efficient and more accurate
 - b. Outfield Footwork Reps (w/ INF's & C's – Optional)
 - i. Points of Emphasis: Always working to field the ball as close to the infield as possible
 - 1. Left field line backhand
 - 2. Center field fly balls (work behind the ball/keep the feet moving)
 - 3. Right field line spin move
 - c. Relay Drill
 - i. Points of Emphasis: Outfielders work around the baseball and get it in the air quickly
 - d. Decoys on Gap Balls
 - i. Points of Emphasis: Communication & Timing
 - 1. Gap Balls off Fungo
 - 2. Gap Balls from Machine
 - e. Decoys on Line Drives
 - i. Points of Emphasis: Positioning the body for a long hop & selling the “catch”
 - 1. Tennis Ball Drill (w/ catcher tag plays – Optional)
 - 2. Machine line drives
 - f. Outfield Pressure BP
 - i. Points of Emphasis: Game speed / Know what you're doing with it before it's hit
 - 1. Live BP Thrower
 - 2. INF's are there to cover bases and serve as cutoff men
 - 3. P's work on backup responsibilities
 - 4. OF's are working to get an out, prevent a run, or keep the hitter off 2nd on every play

TRAIN LIKE THE PROS



[MACHINES]



[BALLS]

[NETS & SCREENS]



[TEES]



Use below code at checkout by 3/15/21.

ABCA2021



Visit ATECSports.com and receive **15% off** all training equipment.



OFFICIAL TRAINING EQUIPMENT OF MAJOR LEAGUE BASEBALL

Promotion excludes pre-owned equipment. For tax exempt orders, please call 800-755-5100 to speak directly with our customer service team.



MARK SEAVER

Wake Forest University

Maximizing On-Field Performance by Minimizing Movement Pattern Issues in the Weight Room

1. Introduction
 - a. Who am I?
 - b. Introduce Wake Forest Baseball.
 - c. What We Do.

2. Step One: Assessment
 - a. Different Phases.
 - b. Different Moving Parts.
 - c. Similar Goals.

3. Step Two: Collaboration
 - a. Strength Coach.
 - b. Athletic Trainer.
 - c. Biomechanist.
 - d. What are we measuring?

4. Step Three: My Job.
 - a. Assess the screens.
 - b. Communicate with the Trainer, Bio mechanist, and the Coaching staff.
 - c. Formulate a plan to correct the issues.
 - d. Build a relationship with the athlete. TRUST.
 - e. Implement the plan.

5. Case Studies
 - a. Player One
 - i. UCL Tear.
 - ii. Steps to Correct.
 - iii. Could it be prevented?
 - b. Jared Shuster
 - i. 25th Overall Pick in the 2020 MLB Draft by the Atlanta Braves.
 - ii. How did we get there?
 - iii. From Day One to Draft Day.

6. Summary
 - a. Screen.
 - b. Assess.
 - c. Collaborate.
 - d. Implement.



THE MOST ICONIC BAT EVER. PERIOD.

**BO
MR PADRE
LARK
BIG MAC
THE BIG MARINE
KENT
O'NEILL
GONZO
ELWAY
TINO
TITO**

EASTON

**THE
GREEN
EASTON
IS BACK.**

**B5 PRO
BIG
BARREL**

**BBCOR
CERTIFIED .50**



THIS CHANGES EVERYTHING. AGAIN.

#GREENEASTON EASTON.COM



@EASTONBASEBALL



@EASTON_BASEBALL



@EASTONSPORTSNETWORK



NICK RAYNOR
Topsail High School (NC)

Reading the Hops: Maximizing Outs, Minimizing Errors

I. Tools of the trade

- Hands
- Feet
- EYES

II. Types of hops

- Down hop (Sunday)
- Short hop
- UP HOP or IN BETWEEN

****THE MOST IMPORTANT 15 MINUTES OF PRACTICE****

III. When to read hops

- Groundball
- OF assist
- Relay(s)
- SB/Pickoffs
- 1b Pick (force out)
- Slow Roller
- ****Catchers and OF****

IV. GB

- Hop Recognition
- Count hops
- Minimize hops

V. OF Assist

- Position
- Pick and tag
- Difference in MIF and CIF

VI. Relay

- Chest high
- Position

VII. Tandem Relays

- Communication
- Spacing
- Decision making

VIII. SB/Pickoffs

- Approach/Footwork
- Tag
- Finish

IV. 1B pick

- Feet
- Arc
- Conviction

V. Slow rollers

- 2 types
- Foot work
- Hand/Glove discipline
- Finish

****BONUS FEATURE****

- Outfield
- Catchers

TRAIN LIKE THE PROS



[MACHINES]



[BALLS]

[NETS & SCREENS]



[TEES]



Use below code at checkout by 3/15/21.

ABCA2021



Visit ATECSports.com and receive **15% off** all training equipment.



OFFICIAL TRAINING EQUIPMENT OF MAJOR LEAGUE BASEBALL

Promotion excludes pre-owned equipment. For tax exempt orders, please call 800-755-5100 to speak directly with our customer service team.



RUDY GARBALOSA
Lynn University
Execution Defense: Relays & Rundowns

1. Cuts and Relays
 - a. Communication
 - i. Terminology
 - ii. Mirror the Call
 - iii. Catcher makes initial call
 1. Infielders can redirect
 2. Players should anticipate and know where we should be lining up.
 - b. OF Technique
 - i. Rhythm over speed
 - ii. Long Hop
 - c. Infield Technique
 - i. Side angle turn shoulder
 - ii. Line up the glove not the relay infielder
 - iii. Communicate to the relay infielder
 - iv. Relay infielder can relay or cut ball on his own based on throw
 1. Off Line
 2. Dying
 - d. Double Cuts
 - i. Know the field – do we need to double cut down the lines
 - ii. Line up 3 or home (man on 1B) determines
 - iii. Line up in fair territory
 - e. Backups
2. Rundowns
 - a. Objective is to get an out with 0, or 1 throw
 - b. Ball guy
 - i. Run tail off with ball in dart position
 - ii. Create a lane
 - iii. Throw ball on “ball” call
 - iv. Peel and replace
 - c. Bag guy
 - i. Adjust to lane
 - ii. Creep towards runner
 - iii. Call “ball” to receive baseball
 1. Catch and tag in 2 steps
3. Drills

GAMECHANGER

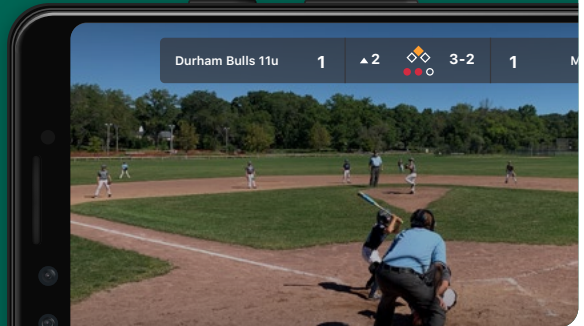
TEAM MANAGER

Make the Upgrade to GameChanger Team Manager

It's easy, free and has a ton of new features including live video streaming and more. All your prior season stats will automatically be added to GC Team Manager.

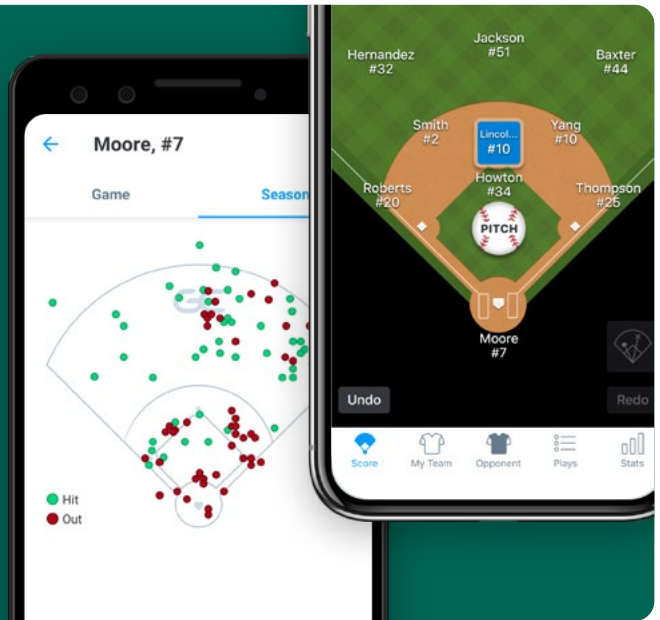
Live stream game action to everyone from your smartphone

- GameStream scoreboard integration
- 100% FREE to stream and watch on iOS and Android devices



The same great features you're used to and more, including:

- Pitching and batting spray charts
- In-game play editing on iOS and Android
- Time saving starting lineups
- Enhanced team management including alerts, messaging, photo sharing & RSVP
- COVID Health Tracker
- Supports NFHS DH rule



To get started, download the GameChanger Team

Manager app to your smartphone or tablet and create an account.





NICK SUSSMAN

Washington Nationals Youth Academy

Helping Parents Help You

What does your program value?

To coach your parents, you must first be clear what your team or program is all about.

Parents are not the enemy. Understanding their value is key to creating a positive baseball environment for your ballplayers.

Use these 6 areas to create your own expectations for parents:

1. The Dugout
2. The Bleachers
3. How to Support Their Ballplayer
4. Equipment & Food
5. Playing Time
6. Unified Voice

The Dugout

- Sacred and for the Team Only

The Bleachers

- No Coaching from the Stands
- No Riding the Umpire
- Rooting for the Team
- Is Your Voice Giving Support or Creating Pressure

How to Support their Ballplayer

- Effort over Outcome
- Controllables
- Positive Push
- The Car Ride Home
- How to Discuss the Team

Best Practice for Speaking with a Coach

- Playing Time – How Does your Team or Program Make These Decisions
- Player Advocacy
- Conversations with Parents

Equipment & Food Policy

- Parents are NOT Caddies or Waiters!

One Voice

- Program Values
- Program Philosophy

Next Steps for 2021

- Create an Expectations Document
- Send Document to Parents
- Have a Mandatory Meeting for Review of Expectations
- Have a Successful Season!



Introducing the Next Level of Training



NEW! ELITE & I-Hack Attack Baseball Pitching Machines

New I-Hack with touch screen interface.

With the familiar look and feel of a personal tablet, the interface is a customized touch screen through which you can control and select pitch type, speed and spin, as well as access to saved favorite pitches and sequences. Ball location adjustment is manual.

The eHack is back at a new Elite level!

Introducing the Elite eHack electronic baseball pitching machine. With this innovative training tool you will be able to instantly control pitch type, speed, spin (accessing each individual motor), angle and location (automatically adjusts) through a large touchscreen interface. Standard pre-set pitches or favorites and sequences that you design delivered in random or repeat modes-all at your fingertips.



P.O. Box 1529 | 2805 US 40 | Verdi, NV 89439
tf 800.717.4251 | ph 775.345.2882 | sportsattack.com



ZAC STOUT

Rogue Baseball Performance

Catcher Practice Design: Building Skills that Scale

What are “Skills that Scale”?

- Adaptability
- Goal Directed Behavior
- Autonomy & Ownership

Receiving – Key Points

- What is a Good Reception?
 - One-Directional Move Back to the Zone
 - High Glove Speed
- Allow Players to Experiment with:
 - Presentation
 - Glove Load
 - Stance
- Challenge/Variability
 - Game-Like Variability
 - Next-Level Variability
 - Encouraging Adaptability

Blocking – Key Points

- The Decision to Block is Made Late, NOT Early
- Knees Do Not Play a Role in a Successful Block
- The Glove is the Most Mobile Part of the Catcher. Use it to Your Advantage.

Throwing – Key Points

- Allow the Player to get into his Natural Throwing Posture
- A Strong Accurate Throw is Better than a Quick Release
- Fluid and Smooth = Fast and Consistent

Takeaways

- Results are what matter, not HOW a player gets those results.
- Give players the freedom to find their own movement solutions.
- Be a guide and mentor, not an instructor.

GAMECHANGER

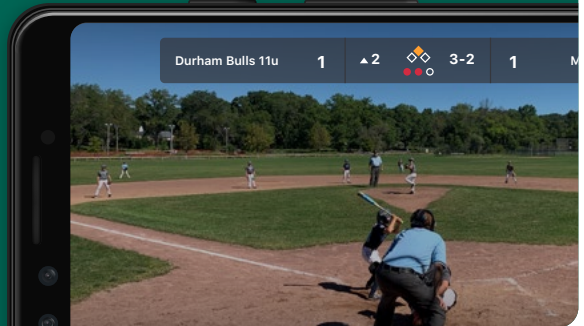
TEAM MANAGER

Make the Upgrade to GameChanger Team Manager

It's easy, free and has a ton of new features including live video streaming and more. All your prior season stats will automatically be added to GC Team Manager.

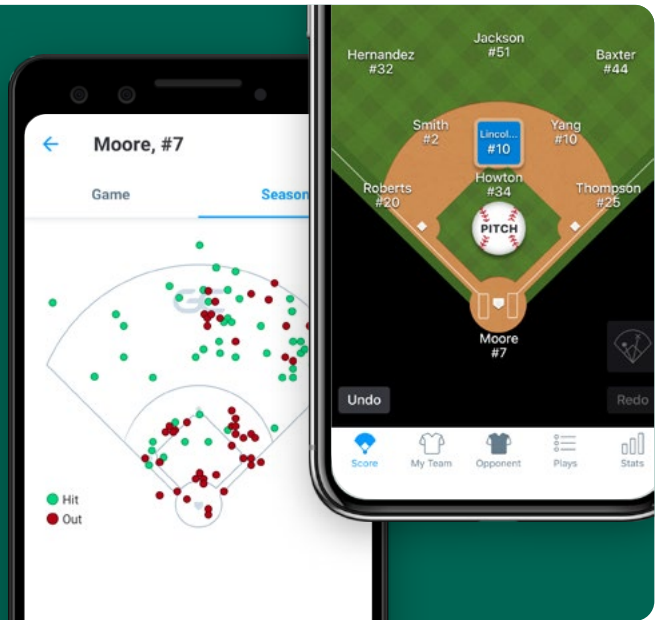
Live stream game action to everyone from your smartphone

- GameStream scoreboard integration
- 100% FREE to stream and watch on iOS and Android devices



The same great features you're used to and more, including:

- Pitching and batting spray charts
- In-game play editing on iOS and Android
- Time saving starting lineups
- Enhanced team management including alerts, messaging, photo sharing & RSVP
- COVID Health Tracker
- Supports NFHS DH rule



To get started, download the GameChanger Team

Manager app to your smartphone or tablet and create an account.





NATE METZGER
Wright State University
Building Lasting Relationships With Our Players

I. Intro / Thanks / Anecdotes

1. "Only Human"
2. "Better To Give Than Receive"

II. Living Humbly

1. Self Awareness
2. Mistakes & Apologies
3. Adaptability/Accountability
4. Consciousness/Intentionality
5. WE > I

III. Instilling Trust

1. Easy/Hard
2. Calm & Care
3. Confidence/Belief

IV. Expressing Gratitude / Appreciation

1. Faith
2. Please & Thank You
3. Be Better
4. Give – Pay It Forward

V. Being Genuine / Authentic

1. Can't Fake It
2. Be Yourself
3. Love > All

VI. Conclusion

The Golden Rule
Embrace the Responsibility & Build Men!

Nate Metzger // (309) 261-6170 // @Metz180



Terryberry

THE OFFICIAL
CHAMPIONSHIP RING
PROVIDER OF THE ABCA



Visit our virtual booth!

5%
DISCOUNT

On Team Orders of Fifteen
Award Rings or More

(616) 498-2147

www.championshipawardrings.com



PAT PINKMAN
Seton Hall University
Youth Pitching Calendar & Economic Training Strategies

I. INTRODUCTION

II. PLANNING YOUR YEAR

- a. What are your goals?
- b. Who Should be Involved
- c. Important Questions
- d. Critical Aspects of Planning the Year
- e. What are you trying to avoid?

III. ECONOMIC STRATEGIES

- a. What is Important?
- b. Arm Care Basics
- c. Throwing Volume
- d. Pitch Command
- e. Pitch Movement

IV. WORDS OF WISDOM

GAMECHANGER

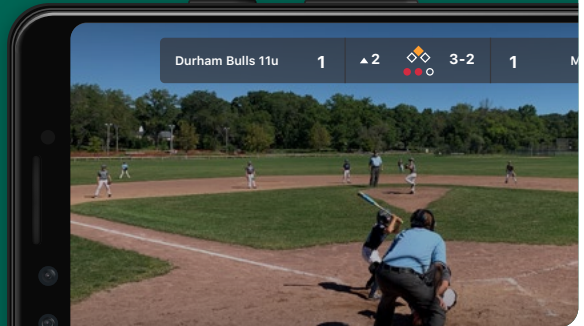
TEAM MANAGER

Make the Upgrade to GameChanger Team Manager

It's easy, free and has a ton of new features including live video streaming and more. All your prior season stats will automatically be added to GC Team Manager.

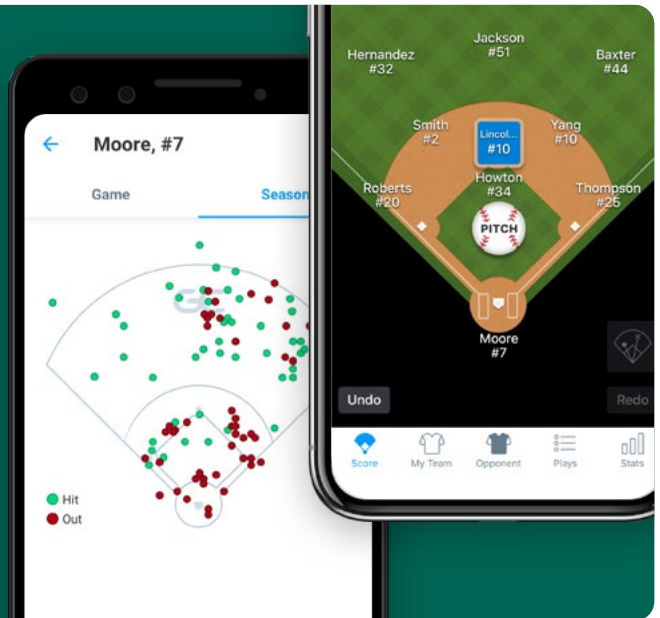
Live stream game action to everyone from your smartphone

- GameStream scoreboard integration
- 100% FREE to stream and watch on iOS and Android devices



The same great features you're used to and more, including:

- Pitching and batting spray charts
- In-game play editing on iOS and Android
- Time saving starting lineups
- Enhanced team management including alerts, messaging, photo sharing & RSVP
- COVID Health Tracker
- Supports NFHS DH rule



To get started, download the GameChanger Team

Manager app to your smartphone or tablet and create an account.





JIMMY ONATE
Olentangy Liberty High School (OH)
Associate Professor, The Ohio State University
 Baseball Development Ranging from Physical to Mental Health

1. Long-Term Athlete Development (LTAD)

2. Planning

3. Physical Health Development Focus

4. Mental Health Development Focus

5. Absolutes Everyday: Dynamic Warm-up Bands/Arm Exercises/T-Spine Get Mind Right

Physical and Mental Development Concepts = 9inning concept

3x3 Conceptual Planning

<i>1st inning</i> <ul style="list-style-type: none"> • Activate • Breath • Balance 	<i>2nd inning</i> <ul style="list-style-type: none"> • Plank • Crawl • Roll 	<i>3rd inning</i> <ul style="list-style-type: none"> • Hop • Skip • Jump
<i>4th inning</i> <ul style="list-style-type: none"> • Sprint • Turn • Chase 	<i>5th inning</i> <ul style="list-style-type: none"> • Cartwheel • Roundoff • Flip 	<i>6th inning</i> <ul style="list-style-type: none"> • Hinge • Pull • Push
<i>7th inning</i> <ul style="list-style-type: none"> • Carry • Rotate • Anti-Rotate 	<i>8th inning</i> <ul style="list-style-type: none"> • Light Workload • Medium Workload • Heavy Workload 	<i>9th inning</i> <ul style="list-style-type: none"> • Easy • Compete • Uncomfortable

Baseball Specific Examples:

1. Workload Reduction = Bucket
2. Pitcher Bullpen = Dynamic Visualization
3. Hitter Swing Intent = HR bombs
4. Baserunning Mini-Sprints = First 5 steps
5. Infielder Hands Pocket Awareness = Free, Fast, Smooth (FFS)



THE MOST ICONIC BAT EVER. PERIOD.

**BO
MR PADRE
LARK
BIG MAC
THE BIG MARINE
KENT
O'NEILL
GONZO
ELWAY
TINO
TITO**

EASTON

**THE
GREEN
EASTON
IS BACK.**

**B5 PRO
BIG
BARREL**

**BBCOR
CERTIFIED .50**



THIS CHANGES EVERYTHING. AGAIN.

#GREENEASTON EASTON.COM



@EASTONBASEBALL



@EASTON_BASEBALL



@EASTONSPORTSNETWORK



ERIC CROZIER D-BAT Atlantic

Staying Connected: Mechanics to Help You Produce Your “A” Swing Consistently

I. Fall in Love with Your Process

- A. Four Constants in Every Swing
 - 1. Balance
 - 2. Head Position
 - 3. Weight Transfer
 - 4. Swing Path

II. Get Back to Get Ready

- A. When to Start **“No Reason to be Late”** Every Hitter Needs Time
- B. Engage Your Core
- C. Gas / Break Mentality
- D. The Importance of Keeping Your Weight Inside Your Back Knee
- E. Figuring Out What Works for You
- F. Drills for Success

III. Your Aggressive Move

- A. Don't Be Afraid
- B. Leaking / Rubber-Band vs. “Connected.”
- C. Rhythm & Timing
- D. Front-Foot / Front Shoulder Connection
- E. Getting to Center / Launch Position
- F. Drills That Can Help

IV. “Rotation” Front & Back-Side Connection

- A. Shut off your linear phase
- B. Rotation vs. Spin
- C. Front-Side Breakdown
- D. Back-Side Breakdown
- E. Rotational Drill Work

V. “Whip It” Swing Path Mechanics

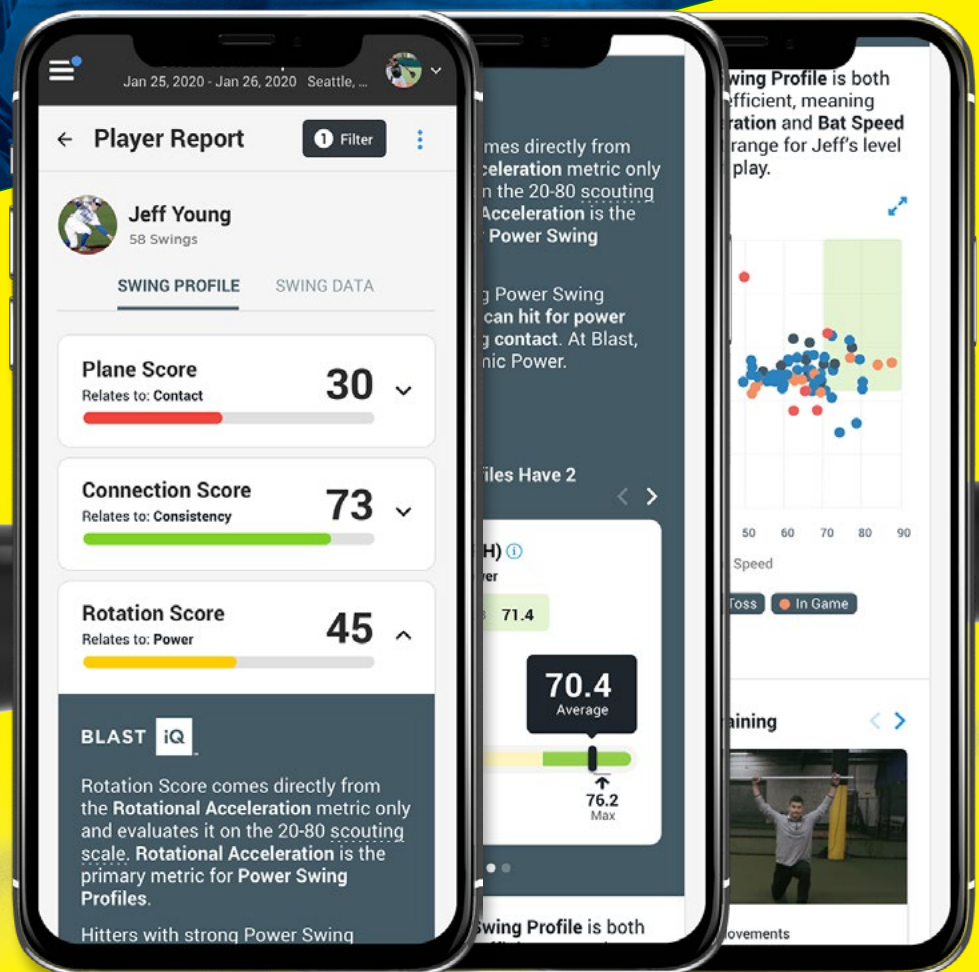
- A. Getting on Plane / Pull the Bat Through the Zone
- B. Back Elbow / Hip Connection
- C. Stay Down When You Swing
- D. Accelerating Through Your Contact Point
- E. Swing Path Issues & Fixes

BLAST BASEBALL

MEASURE WHAT MATTERS

PLAYER DEVELOPMENT & SWING ASSESSMENT

Stop by the virtual Blast booth to learn how the Blast solution can benefit your program and deliver on-field results.



blastmotion.com

TRAIN SMARTER.
GET BETTER.™



MARC POLYMEROPOULOS **Former CIA Senior Officer**

Finding Clarity in the Shadows: Leading in the CIA

Marc Polymeropoulos worked for 26 years at the CIA before retiring in July 2019 at the Senior Intelligence Service level. He was one of the CIA's most highly decorated operations officers who served in multiple field assignments for the U.S. Government. He specialized in counterterrorism, the Middle East and South Asia, including extensive time in Iraq and Afghanistan. Prior to his retirement, Marc served at CIA headquarters and was in charge of CIA's clandestine operations in Europe and Eurasia. He frequently comments on international events in the U.S. media, including the Washington Post, New York Times, GQ, Yahoo, CNN and MSNBC.

Marc has honed a unique leadership style based on nine core principles which he terms "Finding Clarity in the Shadows." Each principle builds on the next and is designed for real world applicability, where one often operates under time constraints and with a lack of complete situational awareness. Marc describes how one must not fear but instead wildly embrace this ambiguity. "Be comfortable in the uncomfortable" is his motto. His unique leadership style is based on years of hard time on the streets of the third world vice learning leadership from university lectures or books. The "Glue Guy," "Winning an Oscar," and "Adversity is the PED to Success" are just some of the principles that his clients will immediately relate to. Marc will provide real work vignettes from the world of intelligence and paramilitary operations, yet also stress that his principles can be used across the private sector in any profession. He also will provide a checklist for clients to immediately utilize and put his principles into practice.

Marc's book, "Clarity in Crisis: Leading in the CIA," will be published by Harper Collins in June 2021. He recently has been featured on both the Brian Levenson and Jake Thompson leadership podcasts.

Marc holds undergraduate and graduate degrees from Cornell University and lives in northern Virginia with his family. His son is a freshman baseball player at Roanoke College in Virginia, and his daughter an aspiring lawyer at the University of Mary Washington.

GAMECHANGER

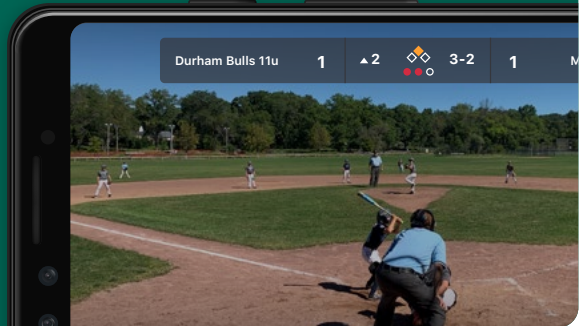
TEAM MANAGER

Make the Upgrade to GameChanger Team Manager

It's easy, free and has a ton of new features including live video streaming and more. All your prior season stats will automatically be added to GC Team Manager.

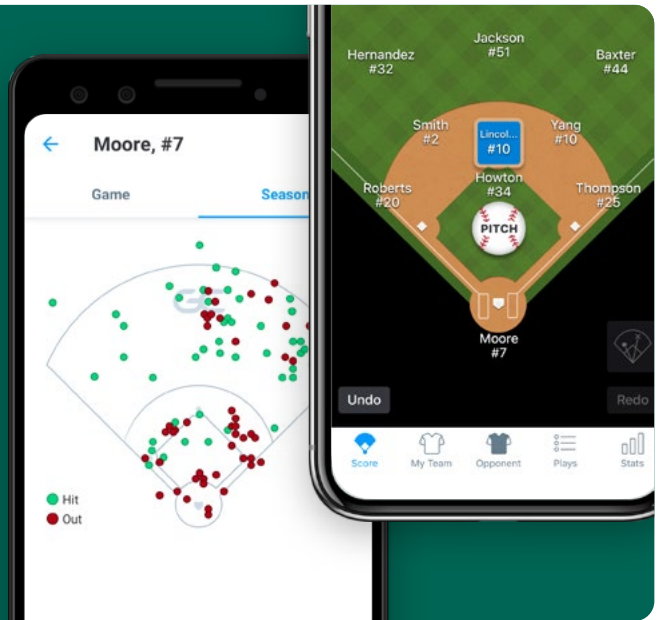
Live stream game action to everyone from your smartphone

- GameStream scoreboard integration
- 100% FREE to stream and watch on iOS and Android devices



The same great features you're used to and more, including:

- Pitching and batting spray charts
- In-game play editing on iOS and Android
- Time saving starting lineups
- Enhanced team management including alerts, messaging, photo sharing & RSVP
- COVID Health Tracker
- Supports NFHS DH rule



To get started, download the GameChanger Team

Manager app to your smartphone or tablet and create an account.





ANTHONY PLÁ
Lincoln University
Practice Planning: Practice with Goals in Mind

1. Have a Plan

- i. What is the focus of your practice?
- ii. What is the time frame? How long or short?
- iii. What do you have available to you? Facilities (Where)/Equipment/Personnel

2. Be Prepared - Be Organized

- i. Have a plan setup prior to practice (Weekly/Daily)
- ii. Post your schedule
- iii. Send it to your entire team, managers, assistant coaches, trainers
- iv. Have a copy on you (Clipboard, Clear Plastic, Pocket Plan, etc.)

3. Execute Your Objectives

- i. How much time do you want to spend on each theme?
- ii. Who has the expertise to speak on that theme?
- iii. Are you learning something new today? If so, could be bulk of practice time

4. Most Important to You and Your Team (Not Every Practice Needs Every Item)

- i. Hitting
- ii. Fielding
- iii. Base Running
- iv. Pitching
- v. Team Defense
- vi. Team Offense
- vii. Mental Game
- viii. Warm-up/Cool-Down/Conditioning

5. How Can You Keep Control of Your Practice?

- i. Time – Wristwatch/Stopwatch/Practice plan somewhere
- ii. By number of attempts/getting it right/not getting it wrong
- iii. Pace of Play

6. Make It Yours

- i. Your Style
- ii. Your Tempo
- iii. Assess Each Practice-Plan ahead/Review
- iv. Make changes if necessary (Inside/Outside/Or on the Fly)

Anthony Plá // Twitter: @CoachPla1 // Instagram: @coach_pla // apla@lincoln.edu



Introducing the Next Level of Training



NEW! ELITE & I-Hack Attack Baseball Pitching Machines

New I-Hack with touch screen interface.

With the familiar look and feel of a personal tablet, the interface is a customized touch screen through which you can control and select pitch type, speed and spin, as well as access to saved favorite pitches and sequences. Ball location adjustment is manual.

The eHack is back at a new Elite level!

Introducing the Elite eHack electronic baseball pitching machine. With this innovative training tool you will be able to instantly control pitch type, speed, spin (accessing each individual motor), angle and location (automatically adjusts) through a large touchscreen interface. Standard pre-set pitches or favorites and sequences that you design delivered in random or repeat modes-all at your fingertips.



P.O. Box 1529 | 2805 US 40 | Verdi, NV 89439
tf 800.717.4251 | ph 775.345.2882 | sportsattack.com



JEFF KINNE
Hampden-Sydney College
Tiger Foundations of Hitting

A – Goal

- 1 – Hitting Hard – Barrel
- 2 – How?
- 3 – Don't Need Fancy, Expensive Technology

B – Stance – Be Athletic

C – Load

- 1 – Lower Half
 - a – Work from Ground Up
 - b – Work into Back Hip
- 2 – Upper Half – Subtle Movements
- 3 – When?
 - a – Load – At Pitcher Hand Break
 - b – Stride – When Pitcher Comes Forward

D – Launch Position

- 1 – Inside Ball of Foot
- 2 – Bat at Catcher
- 3 – Slight Hinge for Body Angle – High Pitch

E – Turn

- 1 – Lower Half-Upper Half Separation
 - a – Back Knee to Front Foot
 - b – Hands Stay Connected

F – “Get on the Runway, Stay on the Runway”

- 1 – Get Barrel to 90 degrees
- 2 – Keep Barrel at 90 degrees
- 3 – 5 to 25 degrees

G – Finish

- 1 – “Short to It, Long Thru It”
- 2 – Don't Roll Over



THE MOST ICONIC BAT EVER. PERIOD.

**BO
MR PADRE
LARK
BIG MAC
THE BIG MARINE
KENT
O'NEILL
GONZO
ELWAY
TINO
TITO**

EASTON

**THE
GREEN
EASTON
IS BACK.**

**B5 PRO
BIG
BARREL**

**BBCOR
CERTIFIED .50**



THIS CHANGES EVERYTHING. AGAIN.

#GREENEASTON EASTON.COM



@EASTONBASEBALL



@EASTON_BASEBALL



@EASTONSPORTSNETWORK



JEFF PALUMBO
East Carolina University
Infield Play the Confident Way

- 1) Mentality – Establish clear goals for the infielders on your team
 - a) Always take care of the baseball
 - b) Habits are always being developed (Make them positive)
 - c) Keep it simple
 - d) Dominate the fundamentals

- 2) Throwing Program – Foundation
 - a) To Cone #1 – Stretch out arm (ECU = To 60 ft.)
 - b) Cone #1 – Aim small, miss small / Proper receiving (ECU = 60 ft.)
 - c) Cone #2 – Move towards your target / Proper receiving (ECU = 90 ft.)
 - d) Cone #3 – Aggressive footwork towards your target / Proper receiving (ECU = 120 ft.)
 - e) Cone #4 – Arm strengthening / Double cut footwork (ECU = 150 ft.)
 - f) Close to Cone #1 – Continue to move your feet while you close down slowly
 - g) Cone #1 – Quick hands, quick feet (Be quick but do not hurry)

- 3) Dry Ball Series – Tee work for infielders
Development: Prep-step, first-step, route taking, fielding position, glove position, Inside step footwork, throwing position
 - a) Routine ground ball (ECU = 3 reps)
 - b) Ground ball to infielders right (ECU = 3 reps)
 - c) Inside backhand (ECU = 3 reps)
 - d) Forehand (ECU = 3 reps)
 - e) Slow roller (ECU = 3 reps)

- 4) Short Hop Series – Tee work for infielders (Push through approach)
Development: Fielding position, flexed elbow, fingers down, slow hands
Getting the short hop, staying through the fielding zone
Knees / Barehand:
 - a) Routine (ECU = 5 reps)
 - b) Forehand (ECU = 5 reps)
 - c) Inside backhand (ECU = 5 reps)Fielding Position:
 - a) Routine (ECU = 5 reps)
 - b) Forehand (ECU = 5 reps)
 - c) Inside backhand (ECU = 5 reps)

- 5) Short Hop Sequence – Front toss for infielders (Barehand or glove)
Focus: Fielding a short hop in a controlled environment

- 6) Rolled Groundball Sequence – Front toss for infielders (Barehand or glove)
Focus: Fielding a groundball in a controlled environment



THE MOST ICONIC BAT EVER. PERIOD.

**BO
MR PADRE
LARK
BIG MAC
THE BIG MARINE
KENT
O'NEILL
GONZO
ELWAY
TINO
TITO**

EASTON

**THE
GREEN
EASTON
IS BACK.**

**B5 PRO
BIG
BARREL**

**BBCOR
CERTIFIED .50**



THIS CHANGES EVERYTHING. AGAIN.

#GREENEASTON EASTON.COM



@EASTONBASEBALL



@EASTON_BASEBALL



@EASTONSPORTSNETWORK



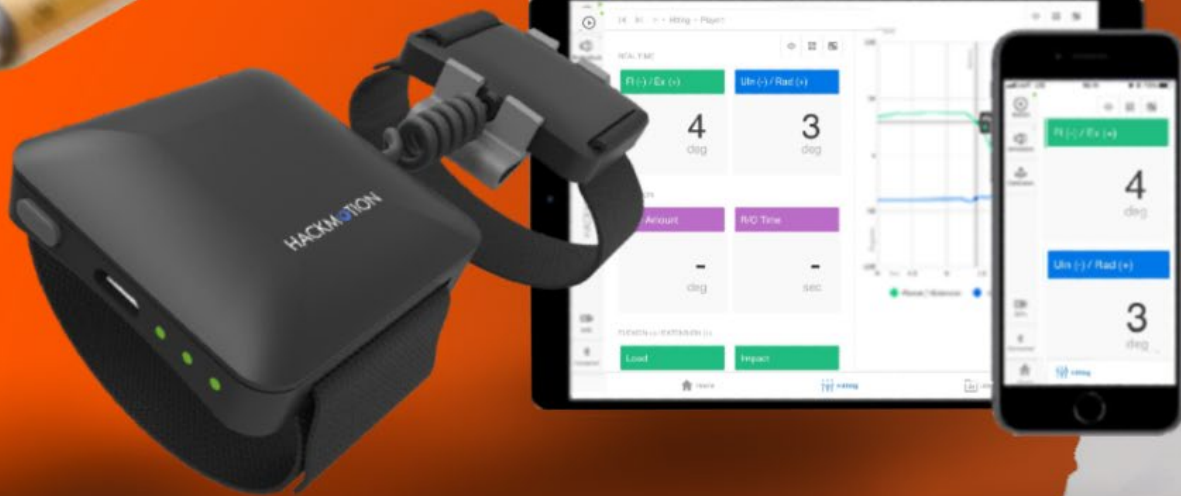
TONY SCHIFANO
San Francisco State University
Creating Pressure with the Short Game

- I. Introduction Videos
 - a. Chicks Dig the Long Ball Commercial
 - b. Augie Garrido Video Clip
 - c. Mike Gillespie Video Clip
- II. Why the Short Game?
 - a. 13 Points Why it is Important to Learn How to Bunt and How it Affects Winning
- III. Bunting is a Separator and an Important Aspect of the Game Within the Game
- IV. Types of Bunts
 - a. Sacrifices
 - b. Drags
 - c. Pushes
 - d. Safety
 - e. Squeeze/Double Squeeze
 - f. Slash
 - g. Fake Bunt/Steal
- V. Proper Technique, Timing, Location and Emphasis of Each Type of Bunt along with Video Clips
- VI. Creating Pressure with 1st and 3rd Offense with the Short Game
 - a. Option 1: Hit n Run/Video Clip
 - b. Option 2: Safety/Video Clip
 - c. Option 3: Squeeze/Video Clip
 - d. Option 4: Fake Bunt/Steal 2B/Video Clip
 - e. Option 5: Hit Away
- VII. 8 Key Bunting Drills w/Video Examples
 - a. No Bat/Catch Drill
 - b. One Hand Bunt Drill
 - c. Knee Bunting Drill
 - d. Drop Bat Drill
 - e. Juan Pierre Drill
 - f. Cones Drill
 - g. 4-Base Drill
 - h. Bunt Game
- VIII. Closing Remarks

HACKMOTION

Revolutionary wrist sensor

FOR LEARNING BAT CONTROL



Get instant hand and wrist data for every moment of the swing

Use audio feedback to fix common swing faults
like "rolling over" and "casting"

Compare the best/worst swings

HACKMOTION.COM/BASEBALL



JEFF DUNCAN
Kent State University
The 3 Pillars to a Championship Culture

1. BASEBALL

2. SOCIETY

3. ACADEMICS

TRAIN LIKE THE PROS



[MACHINES]



[BALLS]

[NETS & SCREENS]



[TEES]



Use below code at checkout by 3/15/21.

ABCA2021



Visit ATECSports.com and receive **15% off** all training equipment.



OFFICIAL TRAINING EQUIPMENT OF MAJOR LEAGUE BASEBALL

Promotion excludes pre-owned equipment. For tax exempt orders, please call 800-755-5100 to speak directly with our customer service team.