

Clinic Sessions
Presented By:



Official Program & Clinic Speaker Outlines

McCormick Place Convention Center
January 6-9, 2022 • Chicago, Illinois

AMERICAN BASEBALL COACHES ASSOCIATION

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Program & Clinic Outlines

78th ABCA CONVENTION

January 6-9, 2022

Clinic Outline Directory

Pg. Speaker(s)

Friday Clinic Speakers

- 27 Chris Lemonis, Mississippi State University
- 29 Mark Martinez, San Diego State University
- 31 Bruce Bochy, Former MLB Manager & Dr. Kevin Freiberg, Leadership Author
- 33 Brian Cain, Peak Performance Coach
- 35 Jeff Pickler, Cincinnati Reds
- 37 Bobby Applegate, Colorado State Univ. Pueblo
- 39 Jeremy McMillan, Texas A&M University
- 41 Brendan Eygabroat, UMass Boston
- 43 Mike Roberts, Cotuit Kettleers

Saturday Clinic Speakers

- 45 Nate Yeskie, Texas A&M University
- 47 Darren Fenster, Boston Red Sox
- 49 Rob Cooper, Penn State University
- 51 Derek Matlock, UT Rio Grande Valley
- 53 Kevin Graber, Phillips Academy Andover
- 55 Bobby Valentine, Former MLB Manager
- 57 Eddie Smith, Utah Valley University
- 59 Deskaheh Bomberry, Sacramento City College
- 61 Mitch Thompson, McLennan Comm. College
- 63 Tyler Shewmaker, Vanderbilt University

Sunday Clinic Speakers

- 64 Austin Wates, Kansas State University
- 65 Travis Lallemand, Crowder Junior College
- 66 Dominic Savino, Glenbrook North High School
- 67 Adam Foster, Angelo State University

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Youth Session Outlines

Pg. Speaker(s)

- 70 Steve Jones, Steel Sports
- 71 Dusty Napoleon & Jimmy Frankos, Northwestern University
- 72 Uby Martinez, Liberty High School
- 73 Jack Dahm, Mount Mercy College
- 74 Lauren Johnson, Mental Performance Coach
- 75 Todd Fine, USA Baseball
- 76 Eric Wordekemper, Miami Marlins
- 77 Joel Pelland, Peak Performance Coach
- 78 Deven Morgan, Driveline Baseball
- 79 Kyle Nelson, Burlington Central High School
- 80 Gabe Ortiz, Kofa High School
- 81 Josh Kauten, K's Academy
- 82 Seth Kenny, Top Tier Baseball
- 83 Justin Dedman, University of Missouri

Don't miss the ABCA Coaches Social! Friday from 4:30-6:00 p.m. among the exhibits in McCormick Place!



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2022 Convention Schedule

Events are in the McCormick Place Convention Center West Building unless otherwise noted.

Thursday, January 6, 2022

10:00 a.m. – 7:00 p.m.	Member Check In <i>presented by Traveling Teams</i>	West Center Lobby
1:00 p.m. – 6:00 p.m.	Committee Meetings	See pg. 7 for locations
1:00 p.m. – 6:00 p.m.	ABCA Trade Show	Hall F
1:10 p.m. – 6:00 p.m.	Expo Theater Presentations <i>presented by Hour-A-Thon</i>	Hall F
6:30 p.m. – 9:00 p.m.	Divisional Coaches Meetings	See pg. 7 for locations
9:00 p.m. – 10:00 p.m.	Rookie Coaches Mentorship Meeting	181
10:00 p.m. – 11:30 p.m.	FCA Coaches Fellowship & Bible Study	476

Friday, January 7, 2022

7:00 a.m. – 4:30 p.m.	Member Check In <i>presented by Traveling Teams</i>	West Center Lobby
8:30 a.m. – 4:00 p.m.	Clinics <i>presented by Wilson/A TEC</i>	Skyline Ballroom
9:30 a.m. – 11:00 a.m.	Spouses Breakfast	470
9:30 a.m. – 3:10 p.m.	Youth Coaches Session <i>presented by GameChanger</i>	184A
9:40 a.m. – 4:30 p.m.	Post-Clinic Q&A Session <i>presented by Coaches Insider</i>	Hall F1A
10:00 a.m. – 3:00 p.m.	ABCA Trade Show	Hall F
10:10 a.m. – 3:40 p.m.	Youth Coaches Session Post-Clinic Q&A	184D
10:10 a.m. – 6:00 p.m.	Expo Theater Presentations <i>presented by Hour-A-Thon</i>	Hall F
4:30 p.m. – 6:00 p.m.	ABCA Coaches Social in the Trade Show	Hall F
6:30 p.m. – 9:30 p.m.	Hall of Fame Banquet	Grand Horizon - Marriott
9:00 p.m. – 10:45 p.m.	Infield “Hot Stove” Discussion	181
9:00 p.m. – 10:45 p.m.	Hitting “Hot Stove” Discussion	185
10:00 p.m. – 11:30 p.m.	FCA Coaches Fellowship & Bible Study	476

Saturday, January 8, 2022

7:00 a.m. – 2:00 p.m.	Member Check In <i>presented by Traveling Teams</i>	West Center Lobby
7:00 a.m. – 8:30 a.m.	FCA Baseball / SCORE International Breakfast	Grand Horizon - Marriott
8:30 a.m. – 5:00 p.m.	Clinics <i>presented by Wilson/A TEC</i>	Skyline Ballroom
9:00 a.m. – 2:00 p.m.	ABCA Trade Show	Hall F
9:10 a.m. – 1:35 p.m.	Expo Theater Presentations <i>presented by Hour-A-Thon</i>	Hall F
9:10 a.m. – 5:30 p.m.	Post-Clinic Q&A Session <i>presented by Coaches Insider</i>	Hall F1A
9:30 a.m. – 3:10 p.m.	Youth Coaches Session <i>presented by GameChanger</i>	184A
10:10 a.m. – 3:40 p.m.	Youth Coaches Session Post-Clinic Q&A	184D
5:30 p.m. – 6:15 p.m.	Mass <i>sponsored by the Assoc. of Catholic Coaches & Athletes</i>	Grand Horizon C - Marriott
7:00 p.m. – 8:45 p.m.	Culture & Leadership “Hot Stove” Discussion	181
7:00 p.m. – 8:45 p.m.	Strength & Conditioning “Hot Stove” Discussion	185
7:00 p.m. – 8:45 p.m.	Catching “Hot Stove” Discussion	181
7:00 p.m. – 8:45 p.m.	Base Running “Hot Stove” Discussion	185
9:00 p.m. – 10:45 p.m.	Outfield “Hot Stove” Discussion	181
9:00 p.m. – 10:45 p.m.	Pitching “Hot Stove” Discussion	185

Sunday, January 9, 2022

7:30 a.m. – 8:15 a.m.	Mass <i>sponsored by the Assoc. of Catholic Coaches & Athletes</i>	Grand Horizon C - Marriott
8:30 a.m. – 11:10 a.m.	Clinics <i>presented by Wilson/A TEC</i>	Skyline Ballroom
9:10 a.m. – 11:40 a.m.	Post-Clinic Q&A session <i>presented by Coaches Insider</i>	Hall F1A

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ABCA CLINIC SCHEDULE

Clinics presented by Wilson/A TEC



Friday, January 7, 2022

- 8:30 a.m. **Introduction, Awards Presentation & Leadoff
Chris Lemonis, Mississippi State University**
Building a Championship Program
- 9:40 a.m. **Mark Martinez, San Diego State University**
Team Infield Defense: Translating Skill Work to
Competitive Team Defense
- 10:20 a.m. **Bruce Bochy, Former MLB Manager &
Dr. Kevin Freiberg, Leadership Author**
Bochy Ball: The Chemistry of Winning and Losing in
Baseball, Business and Life
- 11:00 a.m. **Brian Cain, Peak Performance Coach**
The 10 Pillars of Mental Performance – How to Move
From Talking About the Mental Game to Doing It
- 11:40 a.m. **Lunch Break - Visit the Food Court inside the
ABCA Trade Show!**
- 12:40 p.m. **Jeff Pickler, Cincinnati Reds**
The Blend: Balancing Our Feel for the Game
Alongside Today's Data, During the Heat of the Battle
- 1:20 p.m. **Bobby Applegate, Colorado State Univ. Pueblo**
See It, Breathe It, Trust It, Then Flip the Script –
Developing Pitchers Through Adversity
- 2:00 p.m. **Jeremy McMillan, Texas A&M University**
Boosting Baseball Specific Power: The Use of
Plyometric and Jump Training
- 2:40 p.m. **Brendan Eygabroat, UMass Boston**
The Catching School: Drills To Develop A Well
Rounded Catcher
- 3:20 p.m. **Mike Roberts, Cotuit Kettleers**
Move Your Team Into New School Base Stealing
Techniques
- 4:30 p.m. **ABCA Coaches Social (Exhibit Hall)**
- 6:30 p.m. **ABCA Hall of Fame Banquet**

Saturday, January 8, 2022

- 8:30 a.m. **Nate Yeskie, Texas A&M University**
Pitching – How to Address Inefficiencies
- 9:10 a.m. **Darren Fenster, Boston Red Sox**
Isolating the Outfielder: Developing the Game's Most
Impactful Position
- 9:50 a.m. **Coffee Break - Visit the ABCA Trade Show!**
- 10:20 a.m. **Rob Cooper, Penn State University**
How to Repair a Broken Culture that You Created

Saturday, January 8, 2022 (continued)

- 11:00 a.m. **Derek Matlock, UT Rio Grande Valley**
Team Practice that Builds Accountability, Energy and
Execution of the Game
- 11:40 a.m. **Lunch Break - Visit the Food Court inside the
ABCA Trade Show!**
- 12:40 p.m. **Kevin Graber, Phillips Academy Andover (MA)**
Systematic Chaos: The Control Freak's Guide to
Deprogramming Today's Robotic Base Runners
- 1:20 p.m. **Bobby Valentine, Former MLB Manager**
A Life in Baseball
- 2:00 p.m. **Eddie Smith, Utah Valley University**
Hitting the Ball Hard – Old School Meets New
School
- 2:40 p.m. **Break**
- 3:00 p.m. **Deskaheh Bomberry, Sacramento City College**
Maximizing Pitchers' Practice Time
- 3:40 p.m. **Mitch Thompson, McLennan Community College**
Maximizing Your Team Offense
- 4:20 p.m. **Tyler Shewmaker, Vanderbilt University**
Training Today's Catchers - Priorities & Setups
Behind the Dish

Sunday, January 9, 2022

- 8:30 a.m. **Austin Wates, Kansas State University**
Developing Self-Sufficient Dynamic Hitters
- 9:10 a.m. **Travis Lallemand, Crowder Junior College**
Consistent Terminology & Weekly Structure for
Infield Play
- 9:50 a.m. **Dominic Savino, Glenbrook North High (IL)**
Building Dynamic Hitters: Developing In-Game
Adjustability Through Practice Variability
- 10:30 a.m. **Adam Foster, Angelo State University**
What Makes Us Great: A Coach's Transition, Practice
Organization & Competition and Our Identity

Post-Clinic Q&A Sessions

Presented by Baseball Coaches Insider

Who: Clinic Speakers

What: Post-Presentation Questions & Answers

When: Immediately following each Clinic Presentation

Where: McCormick Place foyer near Registration

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2022 Convention Meeting Schedule

Events are in the McCormick Place Convention Center West Building unless otherwise noted.

Thursday, January 6, 2022

Time	Committee/Group	Room
8:00 a.m.	NAIA Raters/Chairs Breakfast	175A
11:00 a.m.	NJCAA Hall of Fame Committee	Physiology - Marriott
10:30 a.m.	NAIA-BCA Past Presidents	175B
11:00 a.m.	ABCA Hall of Fame Veterans Committee	470B
12:00 p.m.	NJCAA Executive Committee	Statistics - Marriott
1:00 p.m.	ABCA Ethics Award Committee	471A
1:00 p.m.	NAIA Rules	175C
2:00 p.m.	ABCA Lefty Gomez Award Committee	471B
2:00 p.m.	ABCA Umpire Relations Committee	175B
2:00 p.m.	ABCA Hall of Fame Committee	476
2:00 p.m.	ABCA Travel Baseball Committee	178B
2:30 p.m.	NAIA Tournament Procedures	175C
2:30 p.m.	ABCA High School All-America & Divisional Chairs	178A
2:30 p.m.	ABCA College Playing Rules Committee	176B
3:30 p.m.	ABCA Editorial Committee	177
4:00 p.m.	NAIA Business Caucus	175A
4:30 p.m.	ABCA High School Playing Rules Committee	176C
4:00 p.m.	ABCA Youth Baseball Committee	179B
5:15 p.m.	NAIA Conference Meetings	Level 3 Meeting Rooms - Marriott

Divisional Coaches Meetings

6:30 p.m.	ABCA NCAA Div. I, II & III Rules Meeting	185
6:30 p.m.	ABCA NJCAA Coaches Meeting	187
6:30 p.m.	ABCA NAIA Coaches Meeting	186
6:30 p.m.	ABCA Pacific Association Division Coaches Meeting	184D
6:30 p.m.	ABCA High School Coaches Meeting <i>presented by Shaw Sports Turf</i>	Grand Horizon E - Marriott
6:30 p.m.	ABCA Youth Coaches Meeting	Grand Horizon A - Marriott
6:30 p.m.	ABCA Travel Baseball Coaches Meeting <i>presented by Wilson Team Shop</i>	Grand Horizon C - Marriott
6:30 p.m.	International Coaches Meeting	Grand Horizon G - Marriott
7:15 p.m.	ABCA NCAA Div. I Coaches Meeting	185
7:15 p.m.	ABCA NCAA Div. II Coaches Meeting	184A
7:15 p.m.	ABCA NCAA Div. III Coaches Meeting	183
9:00 p.m.	Rookie Coaches Mentorship Meeting <i>presented by Arbor Wealth</i>	181

Friday, January 7, 2022

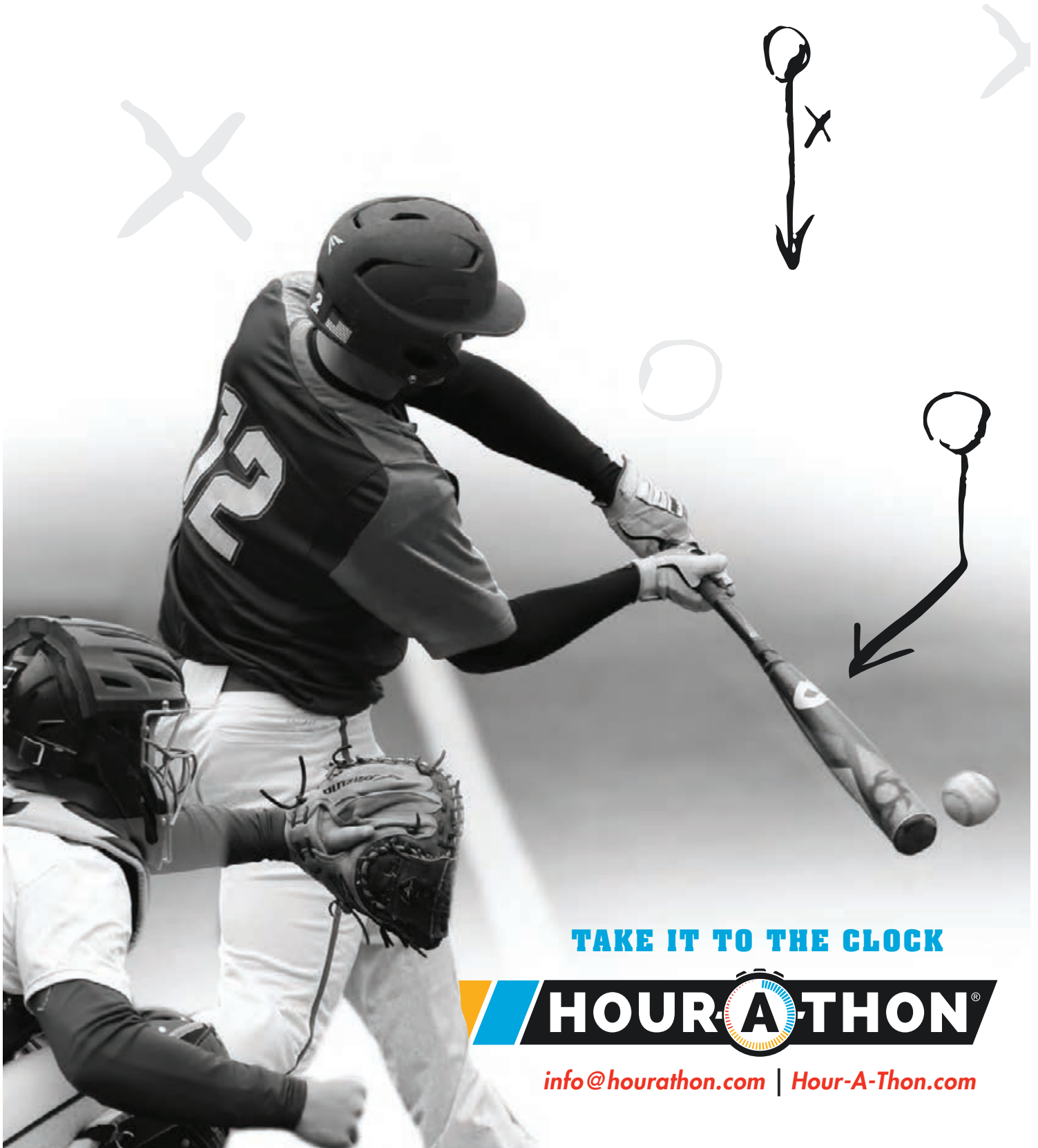
Time	Committee/Group	Room
2:30 p.m.	ABCA Research Committee	Physiology - Marriott
6:30 p.m.	Hall of Fame Banquet	Grand Horizon - Marriott
9:00 p.m.	Infield "Hot Stove" Panel Discussion	181
9:00 p.m.	Outfield "Hot Stove" Panel Discussion	185

Saturday, January 8, 2022

Time	Committee/Group	Room
8:00 a.m.	ABCA Diversity in Baseball Committee	178A
5:00 p.m.	Culture & Leadership "Hot Stove" Panel Discussion	181
5:00 p.m.	Strength & Conditioning "Hot Stove" Panel Discussion	185
7:00 p.m.	Catching "Hot Stove" Panel Discussion	181
7:00 p.m.	Base Running "Hot Stove" Panel Discussion	185
9:00 p.m.	Outfield "Hot Stove" Panel Discussion	181
9:00 p.m.	Pitching "Hot Stove" Panel Discussion	185

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Expo Theater Presentation Schedule

Expo Theater presented by Hour-A-Thon

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Thursday, January 6, 2022

TOP VELOCITY

1:10 p.m. - 1:50 p.m.

The 6 Elements of Velocity that Build Dominant Pitchers

Brent Pourciau, M.S. Kinesiology

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1:55 p.m. - 2:35 p.m.

Strength Matters Most: A New Analytics Frontier in Player Development

Ryan Crotin, Ph.D. CSCS RSCC

WILSON SPORTING GOODS

2:40 p.m. - 3:20 p.m.

The Team.Shop Platform: This one-stop shop for EvoShield uniforms and apparel & Wilson, DeMarini and Sluggger gear helps you save time and money and have more time for coaching!

Ed Easley, Easley Baseball; Nick Spalding, Wilson Sporting Goods

POCKET RADAR

3:25 p.m. - 4:05 p.m.

How New Technology Ecosystems are Empowering Coaches Within the Game

Taylor Alexander, Steve Goody and Todd Blyleven of Pocket Radar, Inc. with Special Guests

BLAST MOTION

4:10 p.m. - 4:50 p.m.

Baseball is Back! Let's Talk Data-Driven Player Development

Coaching Panel moderated by Blast Motion

C25 TRAINING PRODUCTS

4:55 p.m. - 5:35 p.m.

Redefining the Way Catchers Train

Charlie Greene Jr., Milwaukee Brewers; Charles Galiano, C25 Training Products and former Milwaukee Brewers Catcher

AUGUSTA SPORTS

5:40 p.m. - 6:00 p.m.

Friday, January 7, 2022

PRO PLAY AI

10:10 a.m. - 10:50 a.m.

Hitting Biomechanics: Changing the Gamify with HitAI on HitTrax

Dr. Mike Sonne, Mike Donfrancesco, Cody Decker, Will Carroll

GAMECHANGER

10:55 a.m. - 11:35 p.m.

Come See What's New for 2022

Ken Strnad, VP of Marketing, GameChanger; Kyleigh Meisler, Partnerships & Events Manager, GameChanger

V1 SPORTS

11:40 a.m. - 12:20 p.m.

V1 Sports Ground Force and Video Technology: Eliminating Game

Pressure with Ground Pressure

Chad Miller, Founder, Louisville Slugger Hitting Science Center; Phil Stotter, Director of Sports Science, V1 Sports

Friday, January 7, 2022 (continued)

RAPSODO

12:25 p.m. - 1:05 p.m.

Transforming Data Into Results: Getting the Most Out of Your Rapsodo Technology

Seth Daniels, Rapsodo with a Coaching Roundtable

DRIVELINE BASEBALL

1:10 p.m. - 2:30 p.m.

PULSE, EDGE and TRAQ: The Future of Baseball Metrics

Kyle Boddy and Jason Ochart, Driveline; with Special Guests

NEXT COLLEGE STUDENT ATHLETE (NCSA)

4:35 p.m. - 5:15 p.m.

Recruiting Trends: How COVID Changed the Game

Nelson Gord, Director of Baseball, NCSA; Chris Wietlispach, Vice President of Team Solutions, NCSA; Don Mitchell, President and Founder, College Baseball Advisors

TOP VELOCITY

5:20 p.m. - 6:00 p.m.

Top Velocity: Developing The 100MPH Pitcher

Brent Pourciau, M.S. Kinesiology

Saturday, January 8, 2022

BASEBALLCLOUD

9:10 a.m. - 9:50 a.m.

Navigating the "Sea of Data" in Modern Scouting and Performance Enhancement

Jonny Gomes, Two-Time World Series Champion; Jon Updike, MLB Scout

WARSTIC

9:55 a.m. - 10:35 a.m.

HIT / HUNT: It's Not the Weapon, It's the Warrior

PRO PLAY AI

10:40 a.m. - 11:20 a.m.

Using Biomechanics: How Access Changes Everything

Dr. Mike Sonne, Lennon Richards, Nate Pearson, Will Carroll

MYSWING

11:25 a.m. - 12:05 p.m.

mySwing Baseball: An introduction to Real-Time 3D Training, Analysis and Injury Prevention

Omar Iglesias Perez, Alexander Alvarez

CHAMPION PLAYBOOK

12:10 p.m. - 12:50 p.m.

Mental Health Meets Performance – Where the Real Training Begins

Scott Fox, Champion Playbook

THE KINETIC ARM

12:55 p.m. - 1:35 p.m.

Jason Collieran, Founder of the Kinetic Arm



ABCA TRADE SHOW EXHIBITOR GUIDE

EXHIBITOR HOURS

Thursday, Jan. 6	1:00 p.m. - 6:00 p.m.
Friday, Jan. 7	10:00 a.m. - 3:00 p.m.
<i>ABCA Coaches Social</i>	4:30 p.m. - 6:00 p.m.
Saturday, Jan. 8	9:00 a.m. - 2:00 p.m.

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Barb Jacobs
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Pete Christopher
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**Athletes In Action Baseball - #1758**

Xenia, OH 45385
937-352-1000
Chris Beck
chris.beck@athletesinaction.org
www.aiabaseball.org

AthletesGoLive - #1537

Alpharetta, GA 30022
678-464-9886
Andrew Biele
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www.athletesgolive.com

Athletx Sports Group - #363

Louisville, KY 40299
502-436-7684
Christine Herring
cherring@athletx.com
www.athletx.com

Augusta Sportswear Brands - #729

Grovetown, GA 30813
800-237-6695
Kayla Spencer
kspencer@augustasportswear.com
www.augustasportswear.com

B45/JRZ Global Sports - #1653

Quebec, QC G1N 4L2 Canada
888-669-0145
Goefrey Tomlinson
gtomlinson@b45online.com
www.b45online.com

Ball Fabrics, Inc. - #206

DeLand, FL 32720
386-740-7212
Ian Paxton
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www.ballfabrics.com

Ballparks of America - #163

Branson, MO 65616
417-464-6333
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www.ballparksamerica.com

Barnwood Sports LLC - #1824

Willowbrook, IL 60527
773-288-9636
Tim Kuncis
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www.barnwoodsports.com

Baseball Rules in Black and White - #1376

Willows, CA 95988
530-330-3139
Jim Bettencourt
bbribaw@gmail.com
www.baseballrulesinblackandwhite.com

Baseball Seams Co., LLC - #1857

Sioux Falls, SD 57110
314-606-4280
Nathan Rueckert
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www.baseballseamsco.com

BaseballCloud/Yakkertech - #617, 631

Longwood, FL 32750
561-715-7615
Annie Codron
annie@dssports.com
www.dssportsventures.com

Bat Club USA - #1839

Miami, FL 33186
888-822-8258
Donna Poole
donna@batclubusa.com
www.batclubusa.com

Batco - #517

Pueblo, CO 81006
678-205-9224
Arnald Swift
batcocage@gmail.com
www.bat-co.com

Bats - Sydex Sports - #658

Wyoming, MI 49509
800-733-4023
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www.sydexsports.com

Batting Cages USA - #670

New Rochelle, NY 10801
914-636-0505
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www.battingcagesusa.com

Beacon Athletics - #1741

Middleton, WI 53562
608-824-1572
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www.beaconathletics.com

Beam Clay / Partac Peat Corp. - #210

Great Meadows, NJ 07838
908-637-4191
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www.beamclay.com

Better Baseball / Bullet L Screens - #901

Marietta, GA 30060
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BiiiP Enterprise, LLC - #1772

Phoenix, AZ 85014
602-980-6500
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Birdman Bats - #149

Redwood City, CA 94063
609-780-3671
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www.birdmanbats.com

Blast Athletics - #201

Tustin, CA 92780
929-322-4007
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www.blastfundraising.com

Blast Motion - #911

San Marcos, CA 92078
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**BlueFrame Technology - #103**

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Boombah - #273

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**BoosterShot Fundraising - #1459**

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BowNet Sports - #1337

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BSN Sports - #1747

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Bulldog Field Equipment - #1877

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Burbank Sports Nets - #401

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C & H Baseball, Inc. - #1723

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www.chbaseball.com

C25 Training Products - #937

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**Cap America - #1760**

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Carpe Diem CBD - #677

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Catapult Sports - #329

Wilmington, MA 01887
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Champion Playbook - #356

Alexandria, VA 22301
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www.thechampionplaybook.com

Champro Sports - #170

Wheeling, IL 60090
847-279-2600
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ChangeUp - #1455

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**Cimarron Sports - #1370**

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CleanFuego, LLC - #131

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Mike McGuinness
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Clell Wade Coaches Directory - #1124

Cassville, MO 65625
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Coach E The Recess LLC - #162

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CoachComm - #160

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Collectible Canvas, LLC - #116

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College Athlete Advantage LLC - #1617

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College Baseball Insights - #318

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www.collegebaseballinsights.com

College Summer League at Grand Park & Bullpen Marketing - #1470

Westfield, IN 46074
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www.collegesummerleague.com

Cooperstown All Star Village - #256

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www.cooperstownallstarvillage.com

Cooperstown Bat Co. - #1140

Cooperstown, NY 13326
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Cooperstown Experience - #479

Cooperstown, NY 13326
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D-BAT Sports - #1437

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Decker Sports - #167

Omaha, NE 68138
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DeVo Bats Inc. - #1704

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DFW Post Grad Baseball - #1722

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Diamond Charts - #664

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www.diamondchartsllc.com

Diamond Kinetics - #836

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Diamond Pro - #1110

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Dominican Baseball Camp - #679

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Diamond Sports - #425

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**Dove Tail Bat, LLC - #1501**

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www.dovetailbat.com

Driveline Baseball - #1111

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DVS Baseball - #683

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www.dvsbaseball.com

Elysian Sports Enterprises - #437

Tacoma, WA 98409
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www.el1sports.com

eTeamSponsor - #717

Concord, CA 94520
808-225-5389
Mika Mendoza
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www.eteamsponsor.com

Expedition League - #254

Mesa, AZ 85213
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Mitch Messer
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www.expeditionleague.com

Extra Base Sports LLC - #137

Bernardsville, NJ 07924
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www.provelocitybat.com

Extra Innings - #483

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FieldLevel, Inc. - #1530

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www.fieldlevel.com

FieldTurf USA Inc. - #1611

Calhoun, GA 30701
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www.fieldturf.com

Figure It Out Baseball - #316

Altoona, PA 16601
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www.figureitoutbaseball.com

Firecracker Sports - #1552

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First Place Collectibles - #741

Ballwin, MO 63011
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Fisher Athletic - #536

Salisbury, NC 28144
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Flex Fundraising - #1767

Provo, UT 84604
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www.shop2give.com

FlightScope - #829

Orlando, FL 32819
407-967-7121
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www.baseball.flightscope.com

**FollowThru Pro Training Bat - #231**

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Force3 Pro Gear - #128

Stratford, CT 06615
315-367-2331
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www.force3progear.com

Frank's Sports Shop, Inc. - #736

Bronx, NY 10457
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www.frankssports.com

Franklin Sports - #1736

Stoughton, MA 02072
781-537-2420
Chris Rodday
crodday@franklinsports.com
www.franklinsports.com/custom
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**Fundraising University - #1036**

Overland Park, KS 66223
800-217-1962
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mbahun@fundraisingu.net
www.fundraisingu.net

FungoMan LLC - #1037

Richardson, TX 75081
318-755-0000
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G Tee - #1471

Ocala, FL 34470
352-622-3271
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info@gteeusa.com
www.gteeusa.com

G-Form - #1041

Providence, RI 02903
401-250-5555
Adam Duff
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Game Day Skinz - #1461

Dallas, TX 75205
310-488-3876
Conner Preston
cpreston@gamedayskinz.com
www.gamedayskinz.com

GameChanger Media, Inc. - #1329

New York, NY 10005
512-557-4565
Kyleigh Meisler
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**Gamemaster Athletic - #1629**

West Chester, OH 45246
859-746-9800
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www.gamemasterathletic.com

GameSense - #428

Denver, CO 80204
720-545-7808
Tom Pardikes
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www.gamesensesports.com

GameTime Sports Systems - #1713

Northbrook, IL 60062
800-520-0512
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d.stern@gametimesportssystems.com
www.gametimesportssystems.com

GameKast Live - GKLive TV - #326

Parkland, FL 33067
706-973-1016
James Brady
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www.gamekast.live

Glover's Scorebooks - #255

Waco, TX 76781
254-776-0580
Tracy Saul
tracysaul@fraziersports.com
www.glovers-scorebooks.com

Grand Slam Safety - #1533

Croghan, NY 13327
315-301-4039
Bob Chamberlain
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www.grandslamsafety.com

Great Lakes Summer Collegiate League - #266

Troy, OH 45373
937-308-1536
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glsclcommish@gmail.com
www.greatlakesleague.org

GSC - #1454

Lincoln, NE 68522
402-477-2002
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HBG Core Holdings - #1379

Richmond, VA 23114
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www.armssoftware.com

Hellas Construction, Inc. - #1465

Cedar Park, TX 78613
512-673-6150
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Hit Doctor of MD, LLC - #685

Aberdeen, MD 21001
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HitTrax - #501, 601

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**Hivemind Baseball LLC - #1809**

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www.hivemindpitching.com

Homegrown Sports - #1805

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www.homegrownsports.app

Hoosier Bat Company/Barnwood Sports Design - #1822

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Hot Route Analytics - #1876

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Hype Socks - #1761

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Hour-A-Thon - #1025

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**InfiniTee - #1647**

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Inland Tarp & Liner - #567

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InnerPro Sports - #1829

Phoenix, AZ 85024
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Inventors' Place - ACE Batting Tee - #101

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Jackie Robinson Training Complex - #221

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KineticPro Performance - #1141
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King of the Hill - #1031
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Launch Fundraising - #1864
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LeagueApps - #575
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Lee County Sports Development - #1453
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LeftySwag Bats - #342
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Lizard Skins - #523
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Markwort Sporting Goods Company - #333
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Marucci Sports - #337
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MARV Training - #559
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Master Pitching Machine, Inc. - #626
Kansas City, MO 64117
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Memphis Net & Twine Co., Inc. - #842
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Midwest Cover, Inc. - #151
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Next College Student Athlete (NCSA) - #711
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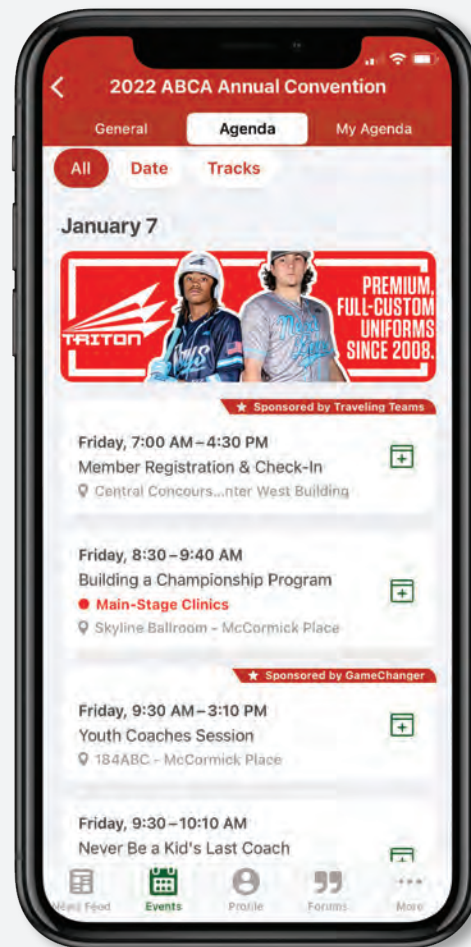
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- **Attend the ABCA Convention:** Members are able to attend the World's Largest Baseball Convention, held annually each January at sites throughout the United States. *See the back cover for future locations!*
- **Live Stream the ABCA Clinics:** Members who are unable to attend the Convention in-person can sign up for the Clinic Live Stream and watch the presentations in real-time from anywhere!
- **Priority Convention Registration:** All 2021-22 ABCA members will be able to register for the 2023 Convention and reserve a hotel room, while supply lasts, beginning in August before registration opens to new and former members.
- **ABCA Video Library Access:** Members have access to the most comprehensive baseball video library, which features on-demand clinic videos dating back to the 2008 Convention as well as recent Barnstormers Clinics and webinars. The 2022 Convention clinics will be added to the Video Library soon with Convention and Live Stream registrants receiving immediate access and all other 2021-22 ABCA members getting access on May 23rd!
- **Free Subscription to Inside Pitch Magazine:** Members receive Inside Pitch Magazine bi-monthly in the mail in January, March, May, July, September and November. Members can also access a full digital archive of every past issue on the ABCA website at www.ABCA.org/magazine.
- **Discounts from ABCA Partners:** Through the ABCA's corporate partnerships, members can receive discounts on baseball apparel, gear, technology and training equipment. Companies offering discounts include Wilson, Rawlings, Blast Motion, Driveline, Easton, Rapsodo, Pocket Radar, ProPlayAI, Netting Pros, Terryberry, Diamond Sports, C25 Training Products, Triton Athletic Performance and Boombah!
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- **Free Registration for Barnstormers Regional Clinics:** Registration for the ABCA Barnstormers Regional Coaching Clinics is complimentary for ABCA members! These are held in various cities throughout the year.
- **ABCA Press Box Weekly E-Newsletter:** All members receive the weekly e-newsletter of the ABCA with articles about baseball news, coaching and training as well as relevant association information.
- **Continuing Education Credit:** Members who need Professional Development or Continuing Education Credits (typically teachers) can receive documentation to satisfy their requirements verifying attendance at the ABCA Convention or participation in the Convention Live Stream.
- **ABCA Job Postings & Open Dates:** Many job listing websites charge hundreds of dollars to post or view jobs, but this is a free service to all members! ABCA members can also post open schedule dates and inquiries on the ABCA website free of charge.
- **My ABCA mobile app:** The "My ABCA" app is your one-stop shop for everything ABCA! You can watch clinic videos, message members, collaborate in forums, receive the latest ABCA news, as well as renew your membership and register for events. Be sure to download the app in the Apple or Google Play stores!
- **Networking and Professional Development:** Members are able to connect and exchange ideas while enhancing their professional development, both in person and virtually, by attending ABCA events or utilizing the My ABCA app.
- **Participate in Surveys:** Members are able to participate in ABCA surveys regarding rule changes and legislative issues affecting their respective divisions. The ABCA also runs surveys to get input about membership benefits and events!
- **Involvement in ABCA Awards:** Members are part of the organization that selects major awards, such as ABCA/ATEC National and Regional Coaches of the Year, ABCA/Rawlings All-Americans, Players of the Year and Gold Glove Award winners.
- **Grow the sport with Turn Two for Youth:** The ABCA's official charity, Turn Two For Youth is a non-profit organization providing opportunities for ABCA members' programs to donate new and used baseball equipment to underprivileged children.

This is a partial list of the benefits provided to you as an ABCA member. Review all of the benefits associated with membership in the ABCA at www.ABCA.org/benefits.

Renew your ABCA membership in July at www.ABCA.org! All memberships expire August 31.



Awards Central – American Baseball Coaches Association

The ABCA's robust awards program honors hundreds of coaches and thousands of athletes on an annual basis. The National Head and Assistant Coaches of the Year, Lifetime Members and Ethics in Coaching Award recipients will be recognized on-stage before the clinics begin on Friday, January 7, at 8:30 a.m.

2021 ABCA/ATEC National Coaches of the Year

- NCAA Div. I:** Chris Lemonis, Mississippi State
- NCAA Div. II:** Jeff Gregory, Wingate (NC)
- NCAA Div. III:** Troy Brohawn, Salisbury (MD)
- NAIA:** Jeremy Sheeting, Georgia Gwinnett
- NJCAA Div. I:** Mitch Thompson, McLennan (TX)
- NJCAA Div. II:** Jeff Willis, LSU Eunice
- NJCAA Div. III:** Doug Wren, Tyler (TX)
- Pacific Association Division:** Anthony Ferro, Butte (CA)
- High School Div. I:** Todd Fitz-Gerald, Stoneman Douglas (FL)
- High School Div. II:** Riley Fincher, Pleasant Grove (TX)
- High School Div. III:** Shane Sieben, Rock Creek (KS)

The ABCA/ATEC National Coach of the Year Awards are the most prestigious in all of amateur baseball. ATEC Sports manufactures industry-leading training equipment and machines for elite baseball and softball programs. From training machines to tees, nets and screens, ATEC sets the standard when it comes to equipment today and is the Official Training Equipment of Major League Baseball.



2021 ABCA National Assistant Coaches of the Year

- NCAA Div. I:** Scott Foxhall, Mississippi State
- NCAA Div. II:** Michael Lowman, Catawba (NC)
- NCAA Div. III:** Dr. Ron Siers, Salisbury (MD)
- NAIA:** Michael Mendoza, Southeastern (FL)
- NJCAA Div. I:** Joe Perez, Central Arizona College
- NJCAA Div. II:** Alan Orgain, LSU Eunice
- NJCAA Div. III:** Mike Ruppenthal, Tyler (TX)
- Pacific Association Division:** Bill Pinkham, Cypress (CA)
- High School Div. I:** Mark Simoneau, Topeka Seaman (KS)
- High School Div. II:** Randy Salsbury, Shiloh Christian (AR)
- High School Div. III:** Glen Finnerty, The First Academy (FL)

The ABCA National Assistant Coach of the Year Award was started in 1999. In 2018, the award was expanded to recognize an Assistant Coach of the Year in 11 divisions. Coaching expertise, recruiting, loyalty to the program and respect for the players and the game are some of the many criteria examined when reviewing the candidates.

ABCA Lifetime Members

- 2020-21 Lifetime Members**
- Nick Amatulli, 5 Star Great Lakes Baseball
 - Dave Barnett, Flagler College
 - Phil Bates, Colbert County High School
 - Dennis Bednarz, St. Edward High School
 - Luigi Bellavista, Italian Baseball Softball Federation
 - Gary Burns, Rockhurst University
 - Samuel Dempster, Durham College
 - Jim Flack, University of Maryland
 - Greg Frady, Nanaimo NightOwls
 - Dan Hartleb, University of Illinois
 - Greg Hawk, Linn-Benton Community College
 - Jack Helber, Claremont High School
 - Rick Heller, University of Iowa
 - James Lutton, Oshawa Legionaires
 - Mike Maack, Prestonwood Christian Academy
 - Joseph Morgan, Red Mountain High School
 - Peter Pasquarosa, Private Instructor
 - Alan Sumner, Geneva College
 - Steve Timmer, Moorhead High School
 - Lee Toole, Lewis Central High School

- 2021-22 Lifetime Members**
- Guerry Baldwin, East Cobb Baseball
 - Stacey Burkey, Three Rivers Community College
 - John Crumbley, Steinbrenner High School
 - Barry Davis, Rider University
 - Rick Dell, Major League Baseball
 - Mike Frame, Huntington University
 - Jon Groth, Chugiak Chinooks
 - Gary Henderson, University of Utah
 - Tony Jones, STARZ Baseball
 - Wallie Jones, Safe at Home
 - Joseph Jordano, IMG Academy
 - Mike Kelly, British Columbia Baseball Association
 - Mark McQueen, Richmond Baseball Academy
 - Doug Miller, East Canton High School
 - Jimmy Ricklefsen, McNeese State University
 - David Robb, Mesa Community College
 - Daron Schoenrock, University of Memphis
 - Ed Servais, Creighton University
 - Steve Smith, Detroit Tigers

The ABCA's Lifetime Members are those coaches who have been members of the organization for 35 consecutive years. Lifetime Members no longer have to pay annual dues to the association. There are more than 470 ABCA Lifetime Members, including the coaches listed here who became Lifetime Members the past two years.



Three coaches to receive ABCA/Dave Keilitz Ethics in Coaching Award

Three coaches will receive the prestigious ABCA Dave Keilitz Ethics in Coaching Award during the 2022 Convention in Chicago. The 2021 award recipients are Kimberly (Wisconsin) High School head coach Ryan McGinnis and University of Arkansas Rich Mountain head coach Lance Spigner, while Wake Forest University head coach Tom Walter will be honored with the 2022 award.

The ABCA Ethics in Coaching Award honors individuals who embody the ABCA Code of Ethics. In 2017, the award was named in honor of ABCA Board Member, Hall of Fame inductee and former Executive Director Dave Keilitz.

McGinnis currently serves as head baseball coach and Athletic Director at Kimberly High, where his teams have had more than 30 players earn Academic All-State honors, and the Papermakers have won two state titles (2007, 2017) and finished runner-up three times (2008, 2014, 2015). McGinnis's head coaching record stands at 361-143 (.716) and he was named ABCA/Diamond Sports Regional Coach of the Year in 2007 and 2012. He also serves on the ABCA's Ethics in Coaching Award Committee.

Spigner was one of the most successful high school baseball coaches in the state of Arkansas

for 28 years before taking the job to start the baseball program at the University of Arkansas Rich Mountain. From 1992-2019, Spigner collected over 500 wins and guided the Horatio High School program to 18 district championships and five state titles. Spigner was a three-time ABCA/Diamond Sports Regional Coach of the Year. The 2021 season was the first for Arkansas Rich Mountain baseball and the Bucks capped it off by advancing to the NJCAA Div. II Plains District Championship game, one win shy of the NJCAA Div. II World Series.

Walter begins his 13th season at Wake Forest in 2022 and is one of just two active head coaches in the country to lead three different programs to the NCAA Div. I Tournament. Prior to the start of the 2011 season, Walter learned that one of his players, Kevin Jordan, needed a kidney transplant. Just days prior to the start of the season, Walter donated a kidney to Jordan, who suffered from ANCA vasculitis. The story of Walter's sacrifice was later featured in the ESPN E:60 documentary series. Jordan and Walter came together again in 2020 to create Get In the Game, a program designed to educate and empower young people to take action in their homes, schools and communities.



Ryan McGinnis



Lance Spigner



Tom Walter

AMERICAN BASEBALL COACHES ASSOCIATION CODE OF ETHICS

First and foremost, the ABCA strives for sportsmanship, ethics, and integrity to the highest degree. On June 29, 1945, 27 coaches formed the American Association of College Baseball Coaches, which eventually became the American Baseball Coaches Association. At that first meeting in New York City, those founding fathers stated that coaching ethics were of utmost importance. Proper sportsmanship and ethical conduct in coaching established at that first meeting in 1945, certainly continues today as the ABCA's highest priority.

PREAMBLE:

The next and following generations will be the stewards of our great game of baseball. More importantly, they will be the caretakers of our families, communities, and nation. The present and future well-being of our society will depend on men and women of high moral character who will demonstrate and live out the virtues of honesty, integrity, respect, and personal responsibility. Recognizing that these and all other ethical values do not develop automatically in our players, the ABCA will make a

deliberate and conscious effort to assist them in developing the values and ideals necessary for moral decision making and conduct. This stated goal is best achieved through the ABCA coaches and members. The single most important variable in promoting ethical conduct on the baseball field is the coach.

PURPOSE:

The Code of Ethics has been written to protect and promote the best interests of the game of baseball and the coaching profession. It seeks to define what are right and ethical practices and what practices are wrong and detrimental. The principles and articles herein reflect the foundation of democratic society; in particular, honesty, integrity, respect, discipline, personal responsibility, fairness, and loyalty. Additionally, these virtues reflect the highest calling of baseball coaches and players.

The ultimate success of the principles and articles of this Code depends on those for whom it has been established – the baseball coaches.



PRINCIPLE I: Responsibility to Players, Officials, Parents, and Fans

ARTICLE A: Players

1. Always place the academic, emotional, physical, and moral well-being of your players above desires and pressures to win.
2. The rules of baseball are clear. Any attempt to circumvent these rules to take unfair advantage of an opponent, or teach deliberate unsportsmanlike conduct has no place in coaching baseball.
3. The coach shall set the example for winning without boasting and losing without bitterness, thus earning the respect of his players.
4. The coach shall discourage and disallow the use of illegal or performance enhancing drugs, alcohol, and tobacco.
5. The coach shall not permit any player to make unsportsmanlike or uncomplimentary remarks to opponents, umpires, or spectators. Taunting, boasting, and fighting demean individuals and the sport of baseball.
6. The coach shall discourage and disallow profanity, obscenities, and vulgar language from players, coaches, and all others associated with the team. Civil and respectful language is a mark of manhood and maturity.
7. The coach shall advocate and promote the value of education over and beyond the desire for professional stardom.
8. The coach shall not make demands on his players that will interfere with the players' opportunities for achieving academic success.
9. The coach shall recognize, address, and educate against harmful personal practices that may involve the players, e.g., drug, alcohol and tobacco addiction; unwise friends and places; misuse of power; and physical and mental abuse.
10. The coach shall take immediate disciplinary action when a player's on or off the field behavior is considered egregious. The integrity and reputation of the team, institution, and the sport of baseball must be protected.

ARTICLE B: Officials

1. The coach shall respect and support the umpires, scorers, public address announcers, and others charged with conducting the game. On and off the record criticism of officials to players or the public is unethical.
2. The coach shall not permit anyone on his team to address uncomplimentary remarks to any official during a game or to indulge in conduct which might incite players or spectators against the officials.

ARTICLE C: Parents

1. The coach shall treat the parents and family of his players with respect; be clear about your expectations, goals, and policies; and maintain open communication.
2. The coach shall be candid with players and parents about the likelihood of getting a scholarship or playing on a professional level.

ARTICLE D: Fans

1. The coach shall strive to educate the home fans to be respectful and courteous to the opponents while still maintaining enthusiasm and support for their team.
2. The coach shall be responsible, within reason, for the conduct of his team's fans and refrain from arousing the crowd by his conduct.

PRINCIPLE II: Responsibility to the Institution

ARTICLE A: Institutional Integrity

1. The coach shall conduct himself so as to uphold and maintain the integrity and dignity of his institution.
2. The coach shall discuss problems with his athletic director and/or other superiors in a professional manner, and then accept and support decisions that have been reached.

ARTICLE B: Academic Integrity

1. The coach shall not exert pressure on faculty members to give players consideration they do not deserve.
2. The coach shall not exert pressure on the Admissions Office to admit players who are not qualified.

PRINCIPLE III: Responsibility to the Rules and Integrity of Baseball

ARTICLE A: Rules

1. The coach shall maintain a thorough knowledge of the rules of the game and assure that his players know and understand the rules.
2. The coach shall require his players to know and abide by the letter and the spirit of all baseball rules and those relating to eligibility, recruitment, transfers, practices, and other provisions regulating their competition.

ARTICLE B: Integrity of the Game

1. The coach shall communicate to his players a respect and reverence for the grand history of baseball and instruct them never to knowingly bring shame or dishonor to the game.
2. The coach shall not allow himself, or his players, to gamble on professional or intercollegiate baseball games.

PRINCIPLE IV: Professional Responsibility

ARTICLE A: Recruiting

1. The coach shall strictly observe all institutional, conference and national regulatory body rules and policies.
2. The coach shall not attempt to recruit a player enrolled at another institution unless properly authorized according to legislation.
3. The coach, or his players, shall not attempt to recruit players from another academic institution during summer baseball.



- The coach shall not participate in negative recruiting against another coach, institution, or its players. Derogatory statements toward other coaches, players, or schools are considered unethical.
- The coach shall not make any statements to prospective students which, knowingly, cannot be fulfilled.
- The coach shall respect both the written and verbal commitment a student/athlete makes to another institution. It is considered unethical to urge or suggest a young man break his word.

ARTICLE B: Relationships

- The coach shall maintain appropriate professional relationships with student-athletes, managers, and trainers and respect proper coach/player boundaries.
- The coach shall treat news media with courtesy, honesty, and respect.
- The coach shall teach his players how to conduct themselves in interviews in the best interest of the team and the game.
- The coach shall instruct his players that any disciplinary, academic, or personal problems are “family affairs” and not to be made public.
- The coach shall not be associated in any way with professional gamblers and should not be present where gambling on team sports is encouraged or permitted.
- The coach shall act toward other coaches in a manner characterized by courtesy, good faith, and respect.
- The coach shall help develop the baseball coaching profession by exchanging knowledge and experiences with colleagues, athletes, and students while being a participant, course facilitator, or master coach in courses and internships.
- The coach shall uphold his or her responsibility to coaching by bringing inconsistent or unethical behavior of others to the attention of appropriate regulatory committees in a manner consistent with this code, but only if informal resolution or correcting the situation is not appropriate or possible.

PRINCIPLE V:

Personal Responsibility

ARTICLE A: Trustworthiness

- The coach shall model high ideals of sportsmanship and always pursue victory with honor while teaching and advocating good character.
- The coach shall strive to be himself worthy of trust while teaching his players the importance of integrity, honesty, reliability, and loyalty.

ARTICLE B: Respect

- The coach shall treat all people with respect at all times and require the same of the players.
- The coach shall not engage in, or permit, profanity, vulgarities, obscene gestures, trash talking, taunting, boastful celebration, or other actions that demean individuals, or the sport of baseball, or reflect badly on the team and institution.
- The coach shall use positive coaching methods to increase players’ self-esteem and enjoyment, and to foster a

love and appreciation for baseball. He shall refrain from physical or psychological intimidation, verbal abuse, and any conduct that is demeaning to players.

ARTICLE C: Conduct

- The coach shall refrain from the use of tobacco and alcohol in front of his players.
- The coach shall be mindful that he is a role model with high visibility, great influence, and must consistently conduct himself in private and coaching situations in a manner that exemplifies what he expects from his players.
- The coach shall accurately represent his academic and coaching qualifications, experience, and past affiliations.

ARTICLE D: Fairness and Caring

- The coach shall be fair in selecting a team, competitive situations, disciplinary issues, and all other matters, and be open-minded and willing to listen and learn.
- The coach shall consistently demonstrate concern for his players as individuals and encourage them to look out for one another.
- The coach shall put safety and health considerations above the desire to win, and never permit players to intentionally injure an opponent or engage in reckless behavior that might cause injury to themselves or others.

The ABCA Code of Ethics was unanimously approved by the Board of Directors on June 18, 2005, in Omaha, Nebraska.

ABCA STATEMENT ON SPORTSMANSHIP, VALUES, AND IDEALS

Whereas: We believe that coaches are among the strongest influences on a young person’s moral and ethical development; and

Whereas: We believe that the highest calling of a baseball coach is to teach and model the character traits of honesty, integrity, respect, and personal responsibility; and

Whereas: We believe that honorable athletic competition in baseball provides rigid and voluntary rules of right and wrong that can lead to strong character development among our players; and

Whereas: We believe that a baseball coach’s moral and ethical conduct, on and off the field (i.e., recruiting, academic, fairness to all team personnel), will deeply influence his players;

THEREFORE: We strongly encourage all members of the **AMERICAN BASEBALL COACHES ASSOCIATION** to place **the highest priority** on teaching and modeling the moral and ethical values of **HONESTY, INTEGRITY, RESPECT, DISCIPLINE, PERSONAL RESPONSIBILITY, FAIRNESS, AND LOYALTY.**

The ABCA Statement on Sportsmanship, Values and Ideals was unanimously approved by the Board of Directors on June 15, 2003, in Omaha, Nebraska.

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- Indiana University
- Mississippi State

III. Transforming coaching styles from old school to new school

IV. Building an aggressive program that can take a punch

- Ability to deal with adversity
- Quote of the day
- Haka/Let 'em Know
- Not allowed to be Cool

V. Constant messaging to players

- This is where we belong
- Players win games not coaches
- Expect the toughest journey

VI. Role Players and Juco Bandits

- Staying Invested
- Toughness and Grit

VII. Playing Free

- Practices are for the coaches and games are for the players



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MARK MARTINEZ
San Diego State University

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1. Circle Drills – Right on Right, Left on Left
 - A. Side Shuffle
 - B. Towards Glove Side – Stop and Pop
 - C. On the Run
 - D. On the Run Barehand Side
2. Ready Position (Wind Up Sim) (Tennis Courts) (Live BP)
3. Roll Backs - #1 Glove Work Drill!
Good fielding mechanics (foot position, glove position)
4. Short Hops – Firm Wrist (Feet!) – Left Side, Glove Side, Backhand 1, Backhand 2
5. Step Through Short Hops-(Shuffle)
6. Running Short Hops
7. Slow Rollers-High Chopper (Catch-LT-Throw RT), DO or Die (Catch-RT-Throw RT), Bare Hand (Catch-LT-Throw RT), Two Hand (Catch-LT-Throw RT) (Window Drill)
8. A-T-D, Knee, Static, Angles, Routine Play, Hop Read, Come and Get It
9. Ground Ball – Get to the right of ball, catch the ball in rhythm
 - 2 Shuffle, One Shuffle, No Shuffle
10. In between Innings-DP's (1600 DP's-Year)
11. Tag Plays
12. Four Corner Drill Feeds and Turns
13. Diamond Drill
14. First Base Play-Footwork, Stride, Picks
15. Rundowns
16. Cuts & Relays
17. Coach Pitch Situations
18. Pitcher Ground Balls



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| 3. Focus & Awareness | (1) Concentration Grids (2) Signal Light Awareness |
| 4. Self-Control & Discipline | (1) Make Bed (2) Field Standards (3) 3 Steps To Ownership |
| 5. Process Over Outcome | (1) Control What You Can Control (2) QABs (3) QPs |
| 6. Meditation & Mental Imagery | (1) 6-2-8 Breathing (2) BALL Mental Imagery Audio |
| 7. Routines & Habits of Excellence | (1) Come Tonight... The 10 Essential Routines
(1) PM (2) AM (3) Pre (4) Post (5) Pre-At Bat (6) Pre-Pitch (7) Red/Yellow Light (8)___ (9) ___ (10) ___ |
| 8. Time Management & Organization | (1) The Ideal Day (2) The Ideal Week (3) SC Google Cal |
| 9. Leadership | (1) Building Trust (2) The 6Cs of Leadership & Trust |
| 10. The Right Culture | (1) The MVP Process (2) Boat Crews (3) The JACKS Series |



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- No Doubles
- Stolen Bases
- Intentional Walks
- Bunting When's and Why's
- Late-Game Tactics

Decision Making

- Truly putting your team in the best position to WIN
- The loss YOU CAN LIVE WITH...is still living with a LOSS
- Balancing what we see (*observations*), with what we know (*data*)
- Inside view vs. Outside view
- Data-informed vs. Data-driven
- Willing to ask the question, "What am I missing?"
- The Assistant Coach's role in decision-making
- The best philosophy may be to avoid getting too philosophical
- Over-prepare, and then go with the flow

Data: Just another Word for Information

- Data is factual, but it never has all the facts
- The anchoring position...it is just a starting point
- Data should start more conversations than it ends
- Baseball observations/questions should drive the data investigations
- Wise enough to know the data will change...as we all learn more
- How to make the most of limited access to quality data
- Coaches still speak to players better than data



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 - a. Stretch Routine
 - b. Band Routine
 - c. Throwing Routine

- II. Focus your development on what they spend most of their time doing to make the greatest impact on performance improvements
 - a. Daily Catch Play
 - i. Throw with purpose
 1. Good Set
 2. Good Breathe
 3. Good Execution
 - b. Control the running game
 - i. Speed to Plate
 - ii. Picks and Holds

- III. Customize a bullpen that develops, yet challenges your pitchers
 - a. Starters
 - b. Relievers

- IV. Timed Bullpen
 - a. 1 minute inning intervals with a partner
 - b. We work a 5 inning set
 - c. Conditioning in between sets
 - d. Control the pace, control the breath, control the execution
 - e. Chart the pen to evaluate
 - f. Video tape the pen to teach from

Bobby Applegate // Head Coach, CSU Pueblo // robert.applegate@csupueblo.edu

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JEREMY McMILLAN
Texas A&M University

Boosting Baseball Specific Power: The Use of Plyometric and Jump Training

- I. Plyometrics
 - a. History
 - b. How do they work (Science)
 - c. Why do we use Plyometrics (Purpose)
 - d. Athlete Considerations

- II. Progressions & Regressions
 - a. Rudimentary/In Place Jumps
 - b. Eccentric Absorption
 - c. Force Production (concentric)
 - d. Integration
 - e. SSC (continuous)
 - f. Shock

- III. Planes of Motion
 - a. Vertical
 - b. Horizontal
 - c. Lateral
 - d. Rotational

- IV. MB Plyometrics
 - a. Rudimentary
 - b. Eccentric Absorption
 - c. Force Production (concentric)
 - d. Integration
 - e. SSC (continuous)
 - f. Shock
 - g. Blending Drills

- V. Building out the Program
 - a. Place in workout
 - b. Volumes
 - c. Time of the year
 - d. Rehabilitation
 - e. Alternatives - ??

- VI. Advanced Programming
 - a. Progression
 - b. Complexes
 - c. Individual Needs

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The Catching School: Drills to Develop a Well-Rounded Catcher

WARM UP:

- Bands & Throwing Progressions
- Hip Mobility (Clemson's/Frog's/90-90/Hydrants/Scorpions/Ducks/Shuffles)
- Ladders & Skips – promotes athleticism
- Traits – leader, athletic, big arm, intelligent – high baseball IQ, tough, vocal, motivator & psychologist, ENERGY

RECEIVING:

- Stances (Signal/Primary/Secondary/LKD/RKD/Kickstand) / “Ice Cream Flavors” – No OSFA
- *Bare Hand*
 - Heavy Plyo(clock) & random, Rollers
 - Tennis ball series (rapid fire, ball in hand, short hops)
 - Wall ball (mini golf balls) & 6 Ball Walk Up
 - Jr. Hack Spin w/tennis balls – FB/BB & Rapid Double
- *Mini-Glove*
 - Wrist Weight FB/CB (vary stances)
 - Jr. Hack –FB & CB (vary stances) w. shadow reps
 - Angle Receiving – work knees, shading to left knee
- *Regular Glove*
 - Jr. Hack Breaking Balls –Low pitch & missed spots (move every 2 left & right)
 - Rapid Doubles (FB/CH)
 - Gain Ground – offset plates & switch set up

BLOCKING:

- Finished – shoulder over knees, tuck chin, pitch fork glove, catch ball w/belly button, not a beauty pageant
- Hands Only & Pick It
- Glove 1st – Doubles, Circle Blocks
- 3 Ball – Block Stop & Recover with situations
- Jr. Hack – Reg, B&R, Game Savers (speed blocks only for conditioning)
- Cheat Drill – some up some down, most game like – favorite drill
- BID's w/Throws (Rule of 1/3's, reset feet, arm fakes)

THROWING:

- Transfers
 - 1 Knee Plyo & Baseball (different spots – get vertical w ball, wrist position, elbow, eyes, glove)
 - Transfers with feet (transfer at sternum, thumbs together, right to left – left to target & rip it)
 - Catchers Soft Toss (all about speed)
- QB Stance TAP Ball Rockers & Fuego Throws – how to fix hospital throws
- Carousel Throws (Machine or Coach) FB & BB - 2B, 3B, 1B, 1B Knees, PO, Picks forehand & backhand (other C be batter, or use dummy), make it competition with points – targets and PTP
- Block Tag Return Throw – Use physio ball for tags, DP's and ability to stay with next play

CLOSING:

- Pre-game menu card & BP 15 minute rule
- Championship teams always have GREAT catchers – invest in the position

@coacheygabroat // catchingschool.com // catchingschool@gmail.com // brendan.eygabroat@umb.edu

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MIKE ROBERTS Cotuit Kettleers

Move Your Team to New School Base Stealing Techniques

1) Why Teach Stealing Bases? Why Teach New School Techniques:

- More stolen bases WILL help your team WIN games!
- Stealing Bases does not have to mean “Giving Away Outs.” Example: MLB playoffs 2021 more teams ran late in the game!

Game 1: Braves Ozzie Albies stole 2nd in 9th inning & scored on game winning hit. Stolen Base helped WIN this game!

Game 3: Dodgers Chris Taylor 8th inning steals 2nd & stays out of double play. Betts base hit behind the steal scored winning run.

- Increase number of steals by MORE of your players!
Example: 5 Dodger players w/steals in 2021 playoffs.
- Increase success percentage of steals w/New School Steals

2) Definition of New School Techniques: Early Movement by Base

**Runner prior to any Movement with front leg by the Pitcher
& Runner control the flow of the game vs. the Pitcher.**

3) Leads at 1B: Shorter is Better in New School Techniques

- Base Runner should **ALWAYS** know footage: 0-3/4-5/6-8/9-12
- Base Runner should vary the length of their leads
- Movement Starts From: Zero Lead to 12' w/Left Foot
- Leaning Leads Compliment Shuffle Starts
- Controlled Jump Leads
- Shuffle Step Leads
- Timing (Always PRIOR to pitchers front leg movement)
- Each player can vary when Early Movement starts on RHP/LHP
- Comfort is NEVER worrying about returning left to a base safely

4) Leads at 2B: Shuffle or Jump Leads

- Base Runner should **ALWAYS** know footage from the base
- Base Runner can vary the length of their leads
- Base Runner can use Shuffle or Jump leads
- Base Runner can have 100% success rate stealing 3B

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NATE YESKIE
Texas A&M University
Pitching – How to Address Inefficiencies

Identifying the Issue(s)

Physical Assessment

- Ankle
- Knee
- Hips
- Back
- Shoulder
- Elbow

Mental Assessment

- How do we learn?
 1. Visual
 2. Auditory
 3. Written
 4. Kinesthetic

Putting the Pieces Together for Daily Development – Is it in Their Terms, Yours, or Both?

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DARREN FENSTER **Boston Red Sox**

Isolating the Outfielder: Developing the Game's Most Impactful Position

- I. The Eight-Game Expert
- II. The Link Between Outfield and Base Running
- III. Pillars
 - a. Effort
 - b. Engagement.
 1. To the pitch
 2. To the game.
 3. To the play
 - c. Ownership
 1. The drill
 2. DP: the most important part of an outfielder's day
- IV. Dennis Rodman
- V. Two Simple Jobs
 - a. The 50/50 ball
 - b. The extra base
- VI. Outfield Basics
 - a. Pre-pitch
 - b. Read and react
 - c. Break
 - d. Route
 - e. Footwork to field
 - f. Field
 - g. Footwork to throw
 - h. Throw
- VII. Buy In to the Boring
- VIII. Drills

Minor League Outfield and Baserunning Coordinator, Boston Red Sox
Third Base Coach, US Olympic Baseball Team
Founder and CEO, Coaching Your Kids, LLC

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- 2021 Phoenix Baseball Coaches Insider Clinic (On-Field)
- 2021 Dugout Chatter Summit (coming early 2022)
- 2022 THSBCA Convention (coming early 2022)

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ROB COOPER
Penn State University
How to Repair a Broken Culture That You Created

- I. Thankful and Honored
- II. Reason for Topic and Information Disclaimer
- III. May 5-7, 2017 vs. Minnesota
 - a. Lowest Point
 - b. How Did It Get This Bad?
 - i. Anonymous Survey Monkey
- IV. The Results and Looking Inward
 - a. Broken Culture
 - b. Huge Disconnect Between Players and Coaches
 - c. Recruiting Philosophy for Penn State
- V. Building A Game Plan to Rebuild the Culture
 - a. My Foundation of Coaching
 - b. Mental Game is Backbone of How I Coach
 - c. Player Ownership
 - d. Recruiting
 - e. Staff
- VI. Game Plan to Rebuild Myself
- VII. Penn State Baseball and Rob Cooper Today

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DEREK MATLOCK

The University of Texas Rio Grande Valley

Team Practice that Builds Accountability, Energy and Execution of the Game

How to develop a more consistent player

1. Practice faster than the game
2. Keep kids accountable for their performance
3. Develop the skill sets for that position consistently over time

Competitive Batting Practice – 52 innings of live baseball in one hour

Players know every day who is starting

1st group is starting infield - Defense

2nd group is starting outfield/catcher - Defense

3rd group is 2nd infield - Cages

4th group is 2nd outfield/catcher - Hitting Main Plate

Defense

Infielders - first round everything to 1st, 2nd round double plays

Outfielders - first round do or die, 2nd round play shallow

Catchers - Framing and blocking, live ball hit foul or in cages, roll ball - throw to first

Cages

2 rounds of 6 velocity - charting balls squared up

2 rounds of 6 right - handed slider - charting balls squared up

2 rounds of 6 left - handed slider - charting balls squared up

Hitting/Base Running

Round 1: 6 swings, last swing is live baseball, nobody on base

Round 2: 6 swings, last swing is live baseball, runner on 1st base

Round 3: 6 swings, last swing is live baseball, runner on base

Round 4: 6 swings, last swing is live baseball, runner on 1st base



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KEVIN GRABER

Phillips Academy Andover (MA)

Systematic Chaos: The Control Freak's Guide to Deprogramming Today's Robotic Base Runners

1. Introducing the 27-year-old me.
2. A young coach's quest for information.
3. Arriving at your personal "super-system".
4. Backyard baseball and the value of deprogramming today's robotic base runners.
5. What can we do in our offense that requires no sign from coach and encourages backyard baseball? (No Robots Allowed!)
 - a. Home Plate
 - i. Hard 90's.
 - ii. Defensive roll.
 - iii. 2K approach for situational at-bats.
 - b. First Base
 - i. Being comfortable being off the bag (12-foot 50/50 steal leads).
 - ii. Dive-back technique.
 - iii. Delay.
 - iv. Blind dirtball reads.
 - v. 3-1/3-2 run-and-hit.
 - vi. Slash-and-run.
 - vii. Attacking LHP's.
 - viii. Systematizing jump-lead steal breaks.
 - c. Second Base
 - i. An ode to the master, Mike Roberts!
 - ii. Again, being comfortable off the bag (7-8 step walking lead).
 - iii. Dive-backs at 2B are different.
 - iv. Our version of jump-lead steal breaks.
 1. Jump-lead drill-work.
 2. Decoys.
 3. The absolutes of timing, distance, and anticipation.
 4. Banking on pitchers' looks.
 5. Defending against inside move, spin move, etc.
 6. Rating our jumps.
 7. Tips and tricks from years of trial and error.
 - d. Third Base
 - i. Stay tuned!!!

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BOBBY VALENTINE

Former MLB Manager

A Life in Baseball

Bobby Valentine was a 16-year Major League manager with the Texas Rangers, New York Mets and Boston Red Sox, following 10 years in the Majors as a player. He became the winningest manager in Rangers history from 1985-92 and led the Mets to the 2000 National League Pennant. Valentine was also a highly regarded manager in Japan, where he became the first American to accept a management position in the Pacific League of Japan for the Chiba Lotte Marines in 1994 and became the first American manager to win a JPPL title with the Marines in 2005. Most recently, Valentine served as Athletic Director at Sacred Heart University from 2013-21, where he oversaw a very successful era of Pioneer athletics and directed several renovation and construction projects, including the \$150 million Bobby Valentine Health & Recreation Center that opened in 2019. Valentine recently released a memoir, *Valentine's Way: My Adventurous Life and Times*.

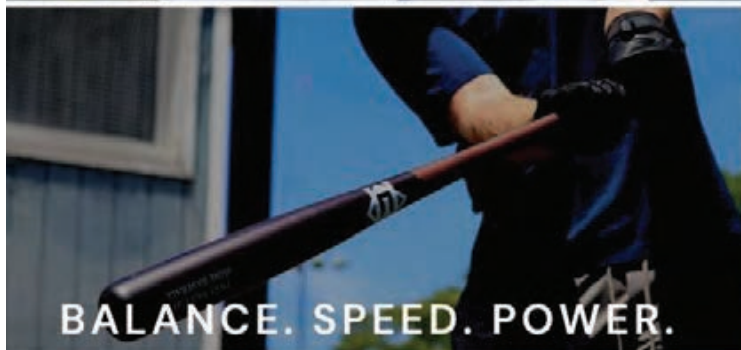


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Liam McGill

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EDDIE SMITH
Utah Valley University
Hitting the Ball Hard – Old School Meets New School

CAN'T WE ALL GET ALONG?!?! HITTING THE BALL HARD IS A GOOD THING!

1. The two most important things – Believe and Compete
 - a. There is no greater influence on a hitter's performance than his perception of himself
 - b. 10 for 10 thoughts
 - c. Today is the biggest day of the year, this is the most important pitch of my life

2. Mechanics
 - a. Power position
 - b. To and through the ball
 - c. Middle of the baseball, middle of the field
 - d. Repeatability

3. What is offense?
 - a. Scoring runs
 - b. Run correlations
 - c. OPS/TBX
 - i. Hit the ball hard
 1. Intent
 2. Exit velocity
 3. Bat speed development
 4. 100% bat speed 100% of swings with less than 2 strikes
 - ii. Get a good pitch to hit
 1. Clarity in approach
 2. Chase in BP is the end of the world – train the take
 3. Mixed BP/machine work
 4. Value the walk!

4. How we coach it
 - a. Undercoaching is better than overcoaching
 - b. Promote athleticism and intent
 - c. Visual Cues
 - i. Yellow Line
 - ii. Targets
 - d. Spectrums
 - e. Drill work
 - i. Power position
 - ii. Angle BP
 - iii. Breaking ball machines
 - iv. Multiple plates
 - v. Money Rounds
 - vi. Elimination Rounds
 - vii. Competitions



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DESKAHEH BOMBERRY

Sacramento City College

Maximizing Pitchers' Practice Time

I. INTRODUCTION

- A. "It is a sad fact that most practice, even at the highest levels of sports, is merely mindless, low grade exercise and not consistent with practices that could be called maximally effective training methods." –*Fran Pirozzolo, Mental Skills Coach*
- B. Is your practice designed to help pitchers become better pitchers?
- C. Create an environment that fosters development for all
 - 1. Prioritize
 - 2. Combine activities
 - 3. Make it challenging

II. PRIORITIZE

- A. Daily throwing program
 - 1. Long toss
 - 2. Pulldowns
 - 3. Flat ground
- B. Bullpens
 - 1. Competitive
 - 2. Charted
 - 3. Command focus
- C. Everything else is low priority, but necessary

III. COMBINE ACTIVITIES

- A. Throwing program
 - 1. Mental skills
 - 2. Pitch development
 - 3. Command
 - 4. Mechanics
 - 5. PFP throws
 - 6. Runner control (timing, looks to 2B, picks)
- B. Bullpens
 - 1. Mental skills (pre-pitch routines, challenging)
 - 2. PFP (bunts, comebackers)
 - 3. Signal work
 - a. Give catcher a script
 - b. Pitcher can wipe/shake off the pitch
 - 4. Runner control
 - a. Timing
 - b. Picks
 - 5. Team defense
 - a. Simulated games
 - b. Live bunt defense
 - c. 1st/3rd offense/defense
 - d. Runner control
- C. "Conditioning"
 - 1. Cover 1B
 - 2. Cover home
 - 3. Back up bases

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MITCH THOMPSON

McLennan Community College

Maximizing Your Team Offense

McLennan Offensive Stats (2014-2021)

7+ RUNS		< 7 RUNS	
W-L	WIN %	W-L	WIN %
219-26	.881	107-97	.525
1+ BIG INNING		ZERO BIG INNINGS	
W-L	WIN %	W-L	WIN %
263-49	.843	62-73	.459

How Big Innings are Created: Include a BB, HBP, or an Error

MCC - BI	w/FREEBIE	%	OPP - BI	W/FREEBIE	%
526	445	.846	262	225	0.859

Three Factors in Maximizing Team Offense

1. Swing Mechanics
2. Approach/Psychology/Situational Hitting
3. Base Running

Approach/Situational Hitting Drills

- Lightning BP
- Backside Hitting Game
- Offset Hitting
- McLennan Short Game Showdown
- Situation Intrasquad - Coach Pitch or Machine Pitch
- Machine BP on field – vs. FB & CB's
- Bunting Drills/Stations

Base Running Drills

- 3 Base Drill
- Line Drive Reads
- BID Reads
- Reading OF Throws
- Everyday BP reads

McLennan Baseball Offensive Points of Emphasis

- Win games on offense in multiple ways – Utilize speed, power, short game
- Get the starting pitcher out of the game – Get in the bullpen ASAP!
- Pressure, Pressure, Pressure

McLennan Baseball Offensive Big 12

1. Team approach rather than a ME approach – Pitch Count, Situational Hitting
2. Be confident - Trust your training/Handle adversity – Compete
 - Praise them when you see them doing things right, giving great effort, focusing on the details.
3. Be disciplined – Count hitting, make the pitcher work. Don't get yourself out.
4. Make rhythm adjustments – Early/Late timing
5. Make one out at a time – Stay out of the DP
6. Draw the BB/Take the HBP
7. Two strike hit – Stay late!
8. Make them play defense – Line drive/GB approach
9. Handle the Bat/Utilize the whole field – 70-80% of P's in college baseball are middle/away
10. Execute the sac bunt on command
11. Use the threat of the bunt for a hit
12. Run the bases aggressively – Fight for every 90 feet. Take the extra base, BID reads

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TYLER SHEWMAKER Vanderbilt University

Training Today's Catchers - Priorities & Setups Behind the Dish

Stances

- Types
 - Why use these?
- Timing and Variations of each setup
- Timing of setup
- Movement/Pre-pitch with glove

Priorities

- Varying training time to fit needs:
 - Receiving
 - Importance
 - Breakdown with Drill-sets
 - Blocking
 - Breakdown from RK Stance with Drill-sets
 - Transfer...Throwing
 - Why transfer then throwing?
 - Breakdown from RK Stance with Drill-sets
 - Other skills
- Time allotment
 - Combination drill-sets
 - Practice planning guide



AUSTIN WATES

Kansas State University

Developing Self-Sufficient Dynamic Hitters

Introduction

- A. How do we develop hitters than can adjust their approach, swing, & mentality?
 - 1. Understanding Production
 - 2. Approach
 - 3. Swing
 - 4. Mental Game
 - 5. Adjustments

Path To Production

- A. Score Runs
- B. Drive Runs In
- C. + Defender

Approach

- A. Understanding the Strike-Zone
- B. Controlling the Strike-Zone
- C. Plans of Attack
 - 1. Approach
 - 2. Game-plan Mistakes

Swing

- A. Checkpoints
 - 1. Setup
 - 2. Load
 - 3. Stride
 - 4. Fire

Mental

- A. Routines
 - 1. Pregame
 - 2. In-game
- B. Language is power
 - 1. Preparing for AB's
 - 2. In-game
- C. Post AB Mental Eval - Finding Positives
- D. The Big Moment

Adjustments

- A. Physical
- B. Mental
- C. Approach

Conclusions



TRAVIS LALLEMAND

Crowder College

Consistent Terminology & Weekly Structure for Infield Play

1. Philosophy

- a. Beliefs/What you Allow/Encourage
- b. Execute/Technique
 - i. Left of center rules/Right of center rules
 - ii. 2 step/4 step patterns

2. Approach/Phase

3. IF Catch Play (3-4 times a week minimum)

4. Infield Play-Daily Routine and 9 Play simulation (Specialty Plays)

- a. Short Hops-Deflection
- b. Short Hops-Pick and Sticks
- c. Standard Ground Balls-Solo's and Double Plays

- d. Mediums
- e. Slow's

5. Multiple ways to set up practices (5 Phase Fungo, etc.)

6. Group throwing work (Indoor/Outdoor drills)



DOMINIC SAVINO

Glenbrook North High School (IL)

Building Dynamic Hitters: Developing In-Game Adjustability Through Practice Variability

I. Program Culture

- A. Passion is the prerequisite
- B. Learn to be a great teammate
- C. Be obsessed with improvement

II. Less Is More

- A. Selfless
- B. Relentless
- C. Fearless

III. What is the Goal?

- A. On time
- B. On plane
- C. In rhythm

IV. Hitter Assessment

- A. Kinematic sequence (4D Motion)
- B. Quality of swing (Blast Motion)
- C. Quality of contact (Rapsodo)

V. Pre-Pitch Routine

- A. Deep breath
- B. Barrel stare
- C. Swing thought

VI. Swing Sequence

- A. Load (hinge)
- B. Stride (stretch)
- C. Swing (tight turn)

VII. Adjustability

- A. Early Connection
- B. Posture
- C. Direction

VIII. Hitting Approach

- A. 2-strike approach
- B. 1-strike approach
- C. 0-strike approach

IX. Training Environment

- A. Tools of the trade
- B. Embrace failure
- C. Build problem solvers

X. Variability Drill Series

- A. Depth drills
- B. Decision drills
- C. Precision drills
- D. Competition drills

Dominic Savino // dsavino@glenbrook225.org // (847) 436-2650



ADAM FOSTER
Angelo State University

**What Makes Us Great: A Coach's Transition, Practice
Organization & Competition, and Our Identity**

- 1) What Makes Us Great
 - a) 3 Pillars
 - b) Defining and Protecting the Culture
 - c) Vision
 - d) Arm your players with baseball knowledge
 - e) Competition, We won every day in practice
 - f) We did not worry about our opponents
 - g) Community Service, Jared, and Challenger Baseball
 - h) Off-season 9 weeks baseball, 9 weeks speed training
- 2) What do you want to be great at?
 - a) Allowing your Coaches to Coach
 - b) Purposeful Practice aligned with the vision of the program
 - c) Perspective Training + Character Development + Mental Game
 - d) Classroom and Community Service expectations
- 3) Practice plan organization
 - a) Invest in the future
 - b) Everyone has a purpose with every rep
 - c) Clearly defined and understandable plan
- 4) How we competed in practice everyday
 - a) "It Pays to be a Champion"
 - b) Catch play
 - i) Long toss Everyday
 - ii) 4-Corners Everyday
 - iii) Good guys vs. Bad guys twice a week
 - c) Base running 10 minutes everyday
 - i) Steals
 - ii) Ball in dirt reads
 - d) Defense drills
 - i) 1st and 3rd
 - ii) Drill series and Fungo Series
 - iii) Run down game
 - iv) Competition in and out "Showtime"
 - v) Point Game
 - vi) 80 foot bunt scrimmage and 80 foot scrimmages
 - e) Whiffle ball, Flip, Pepper, QAB charts, Weekly T-shirts
- 5) Scrimmages
 - a) 5 pitch scrimmages, 6 pitch Scrimmages
 - b) 3 pitches to steal
 - c) Drag bunts
 - d) Game situation success is rewarded
 - e) Steal Scrimmage
- 6) Transition from High School Baseball to College Baseball

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- Starting lineup capabilities



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- Highlight clip sharing
- Audience controls
- Video Archives



Team Management

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ABCA Youth Coaches Session

Presented by GameChanger

1st Floor – Room 184A • McCormick Place Convention Center



GAMECHANGER
BY DICK'S SPORTING GOODS

Friday, January 7, 2022

- 9:30 a.m. **Steve Jones, Steel Sports**
Never Be a Kid's Last Coach
- 10:10 a.m. **Dusty Napoleon & Jimmy Frankos, Northwestern University**
Your Best Athlete Should Catch: Developing the Youth Catcher
- 10:50 a.m. **Uby Martinez, Liberty High School**
Coding the Young Infielder
- 11:30 a.m. **Lunch Break - Visit the Food Court inside the ABCA Trade Show!**
- 12:30 p.m. **Jack Dahm, Mount Mercy College**
Game-Ready Practice Planning
- 1:10 p.m. **Lauren Johnson, Mental Performance Coach**
Elite by Choice
- 1:50 p.m. **Todd Fine, USA Baseball**
Developing a Championship Culture
- 2:30 p.m. **Eric Wordekemper, Miami Marlins**
Controlling Mind, Body & Ball

Saturday, January 8, 2022

- 9:30 a.m. **Joel Pelland, Peak Performance Coach**
Six Pillars of Performance
- 10:10 a.m. **Deven Morgan, Driveline Baseball**
Skills That Scale: A Data Driven Approach to Long-Term Youth Development
- 10:50 a.m. **Kyle Nelson, Burlington Central High School**
The Hitting Pyramid
- 11:30 a.m. **Lunch Break - Visit the Food Court inside the ABCA Trade Show!**
- 12:30 p.m. **Gabe Ortiz, Kofa High School**
Gold Standard Outfield: Drills to Create the Best Athletes on the Field
- 1:10 p.m. **Josh Kauten, K's Academy**
A Systematic Approach to Pitcher Development
- 1:50 p.m. **Seth Kenny, Top Tier Baseball**
Efficient Youth Practice Planning
- 2:30 p.m. **Justin Dedman, University of Missouri**
Training Aggressive Hitters: Movement, Approach & Environment

Following each clinic, a Post-Clinic Question & Answer Session will be held in Room 184D.



All current ABCA members have access to more than 500 clinic videos on www.ABCA.org and in the My ABCA mobile app! The videos from the 2022 Convention in Chicago will be released to attendees by February 1.



STEVE JONES

Steel Sports

Never Be a Kid's Last Coach

As a coach how should we measure our success?

- In my opinion, success is measured not by results of games but rather by the number of players who continue to play the game the following season.

So how do we maximize the potential for this to happen?

We will focus on the following key elements:

1. Creating a Positive Coaching Environment
2. Establishing Positive Developmental Relationships with your players
3. Improving communication skills to establish trust and respect between Coach and player
4. How to create an inclusive culture with your team and organization.

We will offer practical tools coaches can use during practice and games to inspire players to reach their potential and foster their love of the game.



DUSTY NAPOLEON & JIMMY FRANKOS Northwestern University

Your Best Athlete Should Catch: Developing the Youth Catcher

1. Get the body going!
 - Warm up circuit – Establishing a routine
 - Mobility/Agility
 - Coordination

2. Stance
 - Ability to be athletic throughout
 - What works best for them
 - The WHY

3. Receiving
 - Number 1 Rule...
 - Keep Strikes, Strikes!
 - Drill Series

4. Blocking
 - E.A.T.
 - Let the Athlete come out!
 - Drill Series

5. Throwing
 - Don't be a robot
 - Accuracy is King
 - Drill Series

6. Special Skills & Drills: DEVELOPING THE ATHLETIC CATCHER THE FUN WAY



UBY MARTINEZ

Liberty High School (IA)

Coding the Young Infielder

I. Correlation Between Coding Process and Coding An Infielder

- a) What has changed my process
- b) No movement too small
- c) Constraints, Visuals, and Time
- d) Give a Little to Get Little

II. Catch Play

- a) Throwing Program is throw/catch practice and not “getting loose”
- b) Must have a purpose
- c) Give players a chance to see and make their own adjustments
- d) Too stationary catch leads to bad habits

Drills - Throwing Program, Shuffle and GO, Striped Baseballs

III. Precatch Coding

- a) Proper approach and posture can be the difference between a clean feed or an error
(Medicine Ball Series) (W Drill)
- b) Quality reps allowing players to feel and apply the proper movements prior to catch affect both the catch and feed
- c) Give players drills that vary in skill level and that allow them to see where they are and want to achieve
- d) Challenging young players is good for them as long as they see the purpose and can attain through repetition
(Up Arrow and Down Arrow)

IV. Post Catch Coding

- a) It is vital that we work on the footwork after the catch as much as the work before the catch.
- b) Control the footwork patterns of the players to make sure they understand and have access to the proper footwork.
- c) Effective to start with ball in glove, short fungo, or rolled ground ball. **(Picket)**
- d) Minimize the movement to keep the footwork/glove work more focused
(One Handed Fungos)
- e) Give the players a chance to compete and evaluate their own progress **(HUB Drill)**



JACK DAHM
Mount Mercy College
Game-Ready Practice Planning

I. Planning Practice

1. Daily/Weekly Plan
2. Who will be at Practice (Coaches/Players)
3. Expectations for Players

II. Base Running

1. 4 Base Running
 - a. Home to First
 - b. Ground Ball Base Hit
 - c. Line Drive Base Hit
 - d. 1st to 3rd (Slide)
 - e. Ball in Dirt Read

III. Throwing Program

1. Position Specific Throwing
 - a. Two Way Players
 - b. Youth Practice/Bullpens

IV. Individual Defense

1. Stopwatch
2. Prepare for Team Defense

V. Team Defense (Specialty Defense)

1. Flip Drill
2. Pick Rundowns
3. Bunt Defense

VI. Process-Based Scrimmage/Drills

1. Double Cuts
2. Around the Horn
3. On & Off Field
4. Hustle Play
5. Double Play
6. Dugout Participation
7. Foul Balls
8. Offensive Execution



LAUREN JOHNSON
Mental Performance Coach
Elite by Choice

1. WHAT, HOW, WHERE

If you want to improve the position you're in, you first have to acknowledge where you currently are. **WHAT** you do or don't do daily, **HOW** you show up and **WHERE** that has gotten you. When you own the current position you're in, you also own the ability to change it.

2. BY DESIGN NOT DEFAULT

Like an iPhone, our brains come with default settings. Unlike an iPhone, we can't just download a new way of thinking. So how do we improve our minds? By design.

3. PLAYING TO WIN

When you play to win you focus on doing the right thing. When you play not to lose, you focus on not doing the wrong thing. Both have the same end goal but one plays from a place of power while the other plays from a place of fear.



TODD FINE
USA Baseball
Developing a Championship Culture

1. **Introduction**
2. **Championship experiences**
 - a. From youth baseball to gold medal
3. **“Creating Champions” versus “Winning Championship”**
 - a. Bigger than baseball
 - b. Buying in
4. **What is a “Championship Culture?”**
 - a. Balancing Team culture & Individual development
5. **“Off the field”**
 - a. Self-Discipline
 - b. Being aware
6. **“On the field”**
 - a. Commitment
 - b. Being coachable
7. **Maintaining a standard**
 - a. Constant evolution
8. **Defender of the game/life**
 - a. Being a winning human being

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ERIC WORDEKEMPER

Miami Marlins

Controlling Mind, Body & Ball

Four Mechanical Points

- Handout – Heel, Hip, Shoulder, Head
 - o Foundation – helps get you back on the railroad tracks

Grips

- 4 seam – horseshoe away from you

Pitching Philosophy

- Handout
 - o 2x3 = Action in 3 Pitches or 2 Strikes in 3 Pitches
 - o Constant Developmental Process
- Handout – 1PK% = 2016 – 2021
- Handout – 3 Hits/Inning = 2017 – 2021

This is Who We Are

- Handout - GameShape
 - o Process
 - o Controllables
 - o Intent

Throwing Program

- Handout
 - o Intent & Intensity
 - o Bullpens & Flat Grounds – Lanes & Sights
- Long Toss Catch (Big Brother Story) – Arm Strength for Young Kids
 - o Hit them fly balls and make them throw all the way back in
- Handout Off-Season Throwing Program
 - o 2 Week Rule

Command

- Lanes = Heel Hip & Shoulder
- Shoulder = Sites to Aim
- Glove = Steering Wheel

Body Control Program

- Handout (Explain on a Youth Level)
 - o Command = Body Control = Command
 - o If you want to Control the Zone, you must first Control your Body

Stations



JOEL PELLAND

Peak Performance Coach

Six Pillars of Performance

Pillars of performance

- 1
- 2
- 3
- 4
- 5
- 6

Leadership

Mental Skills

Lifestyle



DEVEN MORGAN Driveline Baseball

Skills That Scale: A Data Driven Approach to Long-Term Youth Development

Introduction

- Understand The Customer
 - Jean Piaget & abstract thought
 - Kids & First Principles
 - Coordination / proprioception realities
- Understand The Environment
 - 60ft vs. 90ft
 - Adult competitors vs. youth
 - What plays
- Understand The Landscape
 - One carrot & one stick - singular success conditions
 - More is good so...most is best?
 - High pressure environment + kids ill equipped to handle it = gasoline on a lit fire

Skills That Scale

- What Matters ****MOST**** Long Term
 - Hitting & Throwing = Primary skills
 - Primary skills should get primary focus in training & development
 - Kids can't be perfect at everything
- Why do we need to define this?
 - Can't be a slave to the conditions of winning the game
 - Kids are not small adults
 - Short term game environment ≠ the long term one
- How Do We Do It
 - Accept we cannot teach kids to be perfect at everything at the same time
 - More chips on the skill development side of the table
 - Measure what matters

Throwing

- Principles of Good Youth Throwing Development
 - "Good Mechanics"
 - Building & Maintaining Arm Health
 - Tracking Velocity for Performance & Health

Hitting

- Principles of Good Youth Hitting
 - "Good Mechanics"
 - Manipulating environment, constraints and intentions
 - Hitting the ball hard is good

Defense

- No 12U PO's
 - Solving problems through athleticism and awareness, not positional specialization

Strength & Movement

- LTAD & Youth Baseball
 - Lowest of low hanging fruit
 - Good athletes = good movers / good skill specific output

Culture & Coaching

- You are not your child's successes and failures

Final Thoughts



KYLE NELSON

Burlington Central High School (IL)

The Hitting Pyramid

1. The goals of each at bat
2. The challenges of the youth/travel/high school hitting coach
3. Problem with a cue dominant approach & our new approach
4. The hitting pyramids - high school (left) and youth (right)

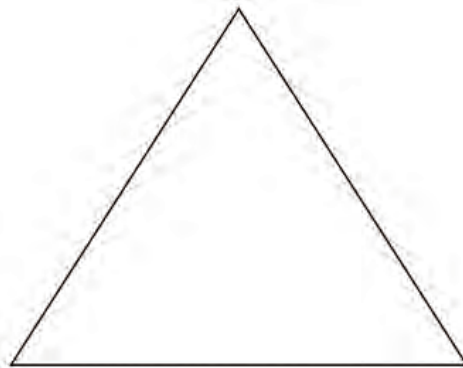


5. Batting Practice Continuum

Dry work ↔ Tee work ↔ Front Toss ↔ 40/40/40 ↔ Mixed BP ↔ Pitcher short box ↔ Short Machine ↔ Full Machine ↔ Chaos Drill ↔ vs. Live arm in practice ↔ Hitting in game

6. The drills

7. Your challenge - Create your own hitting pyramid





GABE ORTIZ Kofa High School (AZ)

Gold Standard Outfield: Drills to Create the Best Athletes on the Field

- I. How do you **Create Buy In for Outfielders?**
 - Opportunity not demotion
 - Enthusiasm
 - Athleticism plays
 - Versatility has value
 - Roster flexibility
- II. What do you define as an **Elite or Quality Outfielder** in relation to your program and vision?
 - Routine play look easy
 - Difficult play look routine
 - Outstanding play an expectation
- III. **Fly ball routes**, how can you incorporate efficient running patterns in your OF?
 - Sprint mechanics
 - Dynamic movements
 - Drills from other sports
- IV. **Reading Swings** creates the best first step, what is digestible for your Athletes?
 - Catcher set up
 - Barrel delivery or zone entry
 - Hitters Body position
 - Barrel sound
 - Ball Shape
- V. **Route Adjustability**: Do we allow our OF freedom to play balls as they choose? Does the fly ball determine the technique?
 - Hip Shift
 - Fade
 - Headsnap vs. inside turn
- VI. **Ground Ball Fundamentals**: Can we take infield skills to the OF?
 - Posture
 - Presentation
 - Hop recognition
- VII. **Ground Balls Footwork Patterns**: Can your athletes have a footwork tool box?
 - Pro Step
 - Shuffle Step
 - Drive step
 - On the run
- VII. **Angles on Ground Balls**: Do we promote flair, freedom and athleticism in the OF on ground balls in the gap?
 - Back hand
 - Spin move
 - Bare hand
- IX. **Catch play**: Do we structure catch play for skill development
 - 4 seam grip, tape ball
 - Long hops
 - Footwork
 - Glove

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JOSH KAUTEN K's Academy

A Systematic Approach to Pitcher Development

- I. Introductions
 1. Good coaches are criminals
 2. Dunning-Kruger Effect
- II. My 10 Commandments of Player Development
 1. "You don't rise to the level of your goals, you fall to the level of your systems"
–James Clear
 2. Assess, don't guess
 3. Dysfunction + Intensity = Injury
 4. Individualize, don't generalize
 5. Efficiency is king
 6. KISS
 7. Trust what you FEEL -Lantz Wheeler
 8. Train Systems, not muscle groups
 9. If it ain't broke, don't fix it
 10. "People won't care how much you know until they know how much you care"
–Teddy Roosevelt
- III. Systems
 1. Must be scalable, adaptable and encompassing
 2. Age/skill dependent
 - i. 'Maslow's' Hierarchy of Peak Performance
 - a. Skill Specificity
 - b. Mental Game
 - c. Self Actualization
- IV. Efficiency is King
 1. Efficiency in PD- How fast can I get player to own a new skill
 2. Movement Dysfunction vs. Skill Acquisition
 3. Assessing vs. guessing
 4. External vs. Internal cues
 5. Integration of new skill/pattern
 - i. Stages of Motor Learning
 - a. Cognitive
 - b. Associative
 - c. Autonomous
- V. 6 Pillars of High Level Throwers
 1. Leg Lift
 2. Lower Body Drive
 3. Upper body Separation
 4. Glove tuck
 5. Arm Action
 6. Finish
- VI. Daily Routines
- VII. Weight Room!
 1. Elephants, Rhinos and Cheetahs



SETH KENNY

Top Tier Baseball

Efficient Youth Practice Planning

1. Introduction
2. Pre-practice goals/Philosophies/Planning
 - a. Team goals/Core Values
 - b. Team Identity?
 - c. Priority Planning/Big picture planning
 - d. Checklists
3. Specific practice structure
 - a. Mental Moment
 - i. Specific mental goal for the day
 - b. Dynamic warm up
 - c. Throwing routine/progression
 - i. Establish pace of practice
 - ii. Allow for freedom of movement
 - iii. Be careful with absolutes!
 - iv. Positions with positions (Middles with middles)
 - v. Create consistency across age groups (larger programs)
 - d. Team defense
 - i. Keep it simple
 - ii. Keep it short
 - iii. Make it first
 - e. Position play/Individual defense
 - i. Establish small group, small space positional routines
 1. Partner short hop routine (IF)
 2. Foot work/Drop step routines (OF)
 3. Partner receiving routine (C)
 - ii. Larger group work
 1. Mass fungo
 - a. Priority plays
 2. PFP
 - f. Offensive breakdowns
 - i. Daily specific goal
 - ii. Coach to your personnel
 - iii. Practice mental routines
 - iv. Make it competitive
 - g. Base Running
 - i. Cover all/most every practice
4. Summary/Final thoughts
 - a. Be creative and make it fun
 - b. Find ways to compete in all aspects
 - c. Listen to your players



JUSTIN DEDMAN
University of Missouri

Training Aggressive Hitters: Movement, Approach & Environment

Movement

1. 3 Things Good Hitters Do
2. Challenges to Youth Moving Well
3. Resources for Improvement

Fastball Timing Options

Controlling Timing

Language of Mechanics

Aggressive Approaches

1. Process
2. Communication
3. Measurement

Environment

Game Day Development

BELIEVE in Your People

Improvement Resources



The Inaugural Meeting, June 29, 1945. Front Row (left to right): John H. Kobs, Michigan State; William V. McCarthy, New York University; Robert A. Rolfe, Yale; Ray L. Fisher, Michigan; Everett D. Barnes, Colgate; George K. James, Cornell; Robert B. Martie; John F. Coffey, Fordham; Joseph Bedenk, Penn State; Emerson Dickman Jr., U.S. Merchant Marine. **Back Row (left to right):** Albert D. Riopel, Holy Cross; Henry R. Hodge, Clarkson; Max F. Bishop, U.S. Naval Academy; Robert H. Dunn, Swarthmore; Howard A. Hobson, Oregon; Dan E. Jessee, Trinity; Louis A. Alexander, Rochester; Capt. Paul J. Amen, U.S. Military Academy; L.W. Whitford, Iowa State; John W. Gill, Western Michigan; Walter Roettger, Illinois; Charles W. Ward, Rutgers. **Not Pictured:** E.F. Caraway, Lehigh; William B. Cook, Manhattan; Thomas J. Harrington, Brooklyn; Horace J. Henderson, Pennsylvania; William E. Reaser, Lafayette; Forest Wyatt, Lynchburg.

History of the American Baseball Coaches Association

In 1945, a group of college baseball coaches gathered in New York City to formulate ideas for the promotion and improvement of the collegiate game. Eppy Barnes of Colgate University and Joe Bedenk of Pennsylvania State University originated the idea that college baseball needed organization and direction. Prior to 1945, a survey revealed that only one-third of the more than 600 colleges were playing baseball. More than 140 coaches responded to the survey approving the formation of a college baseball coaching organization.

The organization is now hosting its 78th ABCA Convention!

The first meeting was held at the New York Athletic Club on June 29, 1945. Twenty-seven coaches were in attendance. Presentations were made urging college coaches to organize so they could better promote the game, help gather national statistics and cooperate with professional baseball. Former college coach and President of the Brooklyn Dodgers Branch Rickey was one of the speakers. It was determined that a constitution would be written.

The new organization was to be named the American Association of College Baseball Coaches (AACBC). The founding fathers decided to hold annual meetings (conventions).

In January 1946 in the city of St. Louis, the second convention of the AACBC was held with approximately 60 members in attendance. Items of discussion included: All-America teams, a playoff system, promoting the game, creation of conferences and leagues, and problems with early signings by professional baseball.

The Association was instrumental in the creation of the College World Series. The first AACBC College World Series was held in June of 1947 at Western Michigan University in Kalamazoo, Michigan. It was a two-team series with the University of California defeating Yale University the first two games of a two-out-of-three series. The next year the AACBC

requested \$5,000 from the NCAA to operate the CWS, which was also held in Kalamazoo. In 1949, the AACBC expanded the tournament to four teams and the series moved to Wichita, Kansas. The College World Series moved to Omaha in 1950, where it has been held ever since, and eight teams were involved. Today the CWS is conducted by the NCAA, but the Association continues to attend and assist in any way possible.

In 1949, the Association established its first All-America team. The program was expanded over time and, today, the annual ABCA/Rawlings All-America and Gold Glove teams are selected in 11 divisions of college and high school.

By 1980, the AACBC's membership had broadened significantly to include more than just college coaches. At the January 1981 convention held in Miami, the membership voted to change the name of the Association to the present name: the American Baseball Coaches Association (ABCA).

Prior to 1983, the Association's governing body was known as the Executive Committee. In 1983, the ABCA Board of Directors was formed. The Board establishes general policy, directs the business and affairs of the Association, is responsible for Constitution/By-Law Amendments, and in general, governs the Association. The Board consists of all past presidents, the current president and vice presidents of the ABCA, and three members of the Executive Committee.

The ABCA has had five full-time Executive Directors: Lee Eilbracht (1978-87), Jerry Miles (1987-91), Dick Bergquist (1991-94), Dave Keilitz (1994-2014) and Craig Keilitz (2014-present).

Since those early years, the Association has grown to more than 13,000 members with members from more than 20 different countries. The 2020 Convention in Nashville was the largest ever, with 7,100 coaches, and the clinics are now held both in person and online.

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**We hope to see you in
Nashville for the
79th ABCA Convention!**

2023 ABCA Convention
January 5-8, 2023 – Nashville, TN

2026 ABCA Convention
January 8-11, 2026 – Las Vegas, NV

2024 ABCA Convention
January 4-7, 2024 – Dallas, TX

2027 ABCA Convention
January 7-10, 2027 – Chicago, IL

2025 ABCA Convention
January 2-5, 2025 – Washington, D.C.

2028 ABCA Convention
January 6-9, 2028 – Nashville, TN



The American Baseball Coaches Association
wishes to acknowledge and thank ATEC
for its sponsorship of the ABCA clinics.