



2020 TAMPA COACHING CLINIC SCHEDULE

SATURDAY, JANUARY 18TH

	<u>SOFTBALL FIELD</u>	<u>BASEBALL FIELD</u>	<u>BATTING CAGE</u>
8:00 - 8:10 AM	INTRODUCTION		
8:10 - 8:25 AM	The AOC Philosophy - KE, KW		
8:25 - 9:05 AM	Practice Organization - KE, TS, JM		
9:05 - 9:20 AM	BREAK		
9:20 - 10:00 AM	Baserunning 101 - KW, IC	Conditioning Drills - DS	The Keys to Hitting - KE, TS
10:00 - 10:10 AM	BREAK		
10:10 - 10:40 AM	Relays & Cutoff Plays - KE	Formulating Mechanics - DS	My Favorite Hitting Drills - KW, TS
10:40 - 10:50 AM	BREAK		
10:50 - 11:20 AM	Drills for Position Play - TS		Indoor Practice Planning - AW
11:20 - 11:30 AM	BREAK		
11:30 - 12:00 PM	Motivating Today's Athlete - KE, AW		
12:00 - 1:00 PM	LUNCH		
1:00 - 1:30 PM	Infield Drills - AW, TS	Advanced Outfield Drills - IC, KW	Developing a Training Program - DS
1:30 - 1:40 PM	BREAK		
1:40 - 2:10 PM	The Art of Calling Pitches - JM	Pitching: Creating Power - KW	Short Game Strategies - KE, IC
2:10 - 2:20 PM	BREAK		
2:20 - 2:50 PM	Bunt Defense - TS, AW	Grooming the Slap Hitter - IC	The 3 Mainstays of Catching - KE
2:50 - 3:00 PM	BREAK		
3:00 - 3:30 PM	Countdown to Opening Day - AW, KE	10 Things I Have Learned - JM	Front Toss Hitting Drills - KW, TS
3:30 - 3:40 PM	BREAK		
3:40 - 4:10 PM	The 1st & 3rd Plays - TS	Training Toughness - KW, KE	
4:10 - 4:20 PM	BREAK		
4:20 - 5:00 PM	Q & A - All Coaches		
5:00 - 5:30 PM	SATURDAY CLINIC END		

SUNDAY, JANUARY 19TH

	<u>SOFTBALL FIELD</u>
8:00 - 8:30 AM	The Recruiting Process - KE, KW, AW, TS, JM
8:30 - 9:00 AM	Team Culture - KW
9:00 - 9:15 AM	BREAK
9:15 - 9:45 AM	Non Negotiables of Slap Hitting - IC
9:45 - 10:15 AM	Arm Care & Injury Prevention - DS
10:15 - 10:35 AM	Olympic Spotlight & USA Softball Update - KE
10:35 - 11:00 AM	BREAK
11:00 - 12:00 PM	Cross Fire Drills - KE, AW, KW, TS
12:00 - 12:30 PM	SUNDAY CLINIC END