

Sunday, 09/13/09 – 2009 LL Sec 4 & NCOA Mechanics Clinic

Day Leader: Glenn McDowell

Student Group Leaders: Kevin Swinhart

Joe Brintley
Loren Jochim

8:00 – 8:30 Basic 8 Demos/Practice (*Ball, Strike, Safe, Out, Fair, Foul, Time, Play*)
8:30 – 9:30 Group Demos
9:30 – 12:30 Rotation #1

9:30 – 10:30 Session #1
10:30 – 11:30 Session #2
11:30 – 12:30 Session #3

B1: (Location: 60 ft Softball field)

Instructors:
1 Rod Nishi (Lead)
2 Randy Santee
3 Stafford Lehr

BU starting position A establish
Ground ball on infield (no runners on base)

- Left side of the infield – 90 degree angle
- Right side of the infield (normal) – two steps fair

PU movements by priority

PU movement on ground balls on infield (no one on base)

P1: (*This session uses a split station format – a & b below*)

Instructors:
1 Todd Hinrichs (Lead)
2 Dave Gwiazdon
3 Pat Harrison
4 Bill Stein

P1a: (Location: 90ft Baseball field) (approx. 30 min)

Specialty plate mechanics

- Brush plate (demo)
- Clearing bat (demo)
- Fair-foul (demo)
- Clearing F2

P1b: (Location: 90 ft Baseball field) (approx. 30 min)

Pivot basics steps:

- Basic 3-step pivot line drill practice 3-step,
- Walk thru,
- Jog thru

Basic Pivot technique:

- Pivot

When: Ground ball on infield with overthrow

- 90 degree angle
- Two steps fair
- Two steps foul

C1: (Cage & surrounding cement area)

Instructors:
1 Paul Thatcher (Lead)
2 Don Cline
3 Loren Gardner
4 Ray Harris
5 Alan McCullough
6 Topo Padilla
7 Curtis Parker

Concentrate on: Lower half stance:

- H/T/H/T,
- width,
- balance over feet,
- comfort,
- squat
- signal & voice strike

Concentrate on: Routine/sequence of pitch cycle:

- Step in H/T/H/T,
- Squat into set position,
- Pitch track,
- Stand-up with signal & call,
- Step back relax

12:30 – 1:00

Lunch (*Instructor Meal Graciously Donated by CA Dist 5 & 54*)

1:00 – 1:15

Basic 8+ Practice (Ball, Strike, Safe, Out, Fair, Foul, Time, Play)

1:15 – 2:15

Group Demos

2:15 – 5:15

Rotation #2

1:15 – 2:15

Session #1

2:15 – 3:15

Session #2

3:15 – 4:15

Session #3

B2: (Location: 60 ft Softball field) (Application: 60ft mechanics only)

Instructors:

1 **Topo Padilla (Lead)**

2 Don Cline

3 Ray Harris

Starting position B & C

- Pick-off/steal
- Ground ball – working area

PU positioning on grounders on the infield:

- Move up 1st base line
- Move up 3rd base line
- Stay home

P2: (This session uses a split station format – a & b below)

Instructors:

1 **Alan McCullough (Lead)**

2 Loren Gardner

3 Curtis Parker

4 Paul Thatcher

P2a: (Location: 90ft Baseball field) (approx. 30 min)

Tangle/untangle drill:

- Obstruction
- Interference
- Nothing
- Run lane interference

Batter interference on a steal attempt

F2 interference with batter's swing

P2b: (Location: 90 ft Baseball field) (approx. 30 min) **(Content B3):**

PU movement on ground balls on infield (no one on base)

Special plays on infield from starting position A:

- F1 covers
- F3 covers unassisted
- Right side "pressure"
- Pull foot toward RF corner
- Pull foot toward home plate with "swipe" tag
- Pop-up around starting position A
- Clear F3 on pop-up down RF line

C2: (Cage & surrounding cement area) (Maybe video this session of plate work for review after outside clinic instruction.)

Instructors:

1 **Stafford Lehr (Lead)**

2 Dave Gwiazdon

3 Pat Harrison

4 Todd Hinrichs

5 Rod Nishi

6 Randy Santee

7 Bill Stein

Concentrate on:

- Upper half stance basics/alignment:
- Waist
- Torso
- Head

Watch: Lower half stance basics

- H/T/H/T,
- width,
- balance over feet,
- comfort,
- squat
- signal & voice strike

Watch: Routine/sequence:

- step into H/T/H/T,
- squat into set position,
- pitch track,
- stand-up with signal & call,
- Step back relax

5:15 – 5:30

Basic 8+ Practice (Ball, Strike, Safe, Out, Fair, Foul, Time, Play)

5:30 – 6:00

Plate Video Review & Site Cleanup

6:00 – 7:00

Instructor Meeting