

Saturday, 11/07/09 – 2009 LL Sec 4 & NCOA Winter Mechanics Clinic

Day Leader: Bill Shortridge

Student Group Leaders: Joe Brindley, Pat Harrison

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 (Lead) Jerry Westfall
- 2 Greg Holden
- 3 Larry Loeffler

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 (Lead) Bill Stein
- 2 Greg Fischer
- 3 Jessie Garcia

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 (Lead) Kevin Swinhart
- 2 Dan Blower
- 3 Ron Grawey
- 4 Todd Hinrichs
- 5 Stafford Lehr
- 6 Randy Santee

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 _____*)

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 (Lead) Todd Hinrichs
- 2 Stafford Lehr
- 3 Kevin Swinhart

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

B5: (Location: 90 ft Baseball field)

Instructors:

- 1 (Lead) Dan Blower
- 2 Ron Grawey
- 3 Randy Santee

"Trouble" ball to BU's area with no runners on base:

- Line drill
- Practice drill

Starting position B & C:

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

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

Instructors:

- 1 (Lead) Greg Holden
- 2 Greg Fischer
- 3 Jessie Garcia
- 4 Larry Loeffler
- 5 Bill Stein
- 6 Jerry Westfall

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 (Instructor Meal Graciously Donated by _____)**