



**BC MINOR BASEBALL
COACHES CARAVAN**

COACH DEVELOPMENT CLINIC

*Unlock the potential of your 13U +15U teams with detailed coach training to help you refine footwork, pitching mechanics, throwing techniques and tips and tricks to run engaging and productive practices.
11U coaches welcome.*



1:00–4.30 PM

FREE

MAY 2 – INVERMERE PYNELOGS BALLPARK

MAY 3 – CRANBROOK LITTLE CONFEDERATION

For more information and to reserve your spot,
contact grassroots@bcminorbaseball.org or your local league.

Brought to you by :
COACHES CARAVAN
www.bcminorbaseball.org

ELEVATE YOUR COACHING SKILLS: JOIN OUR DEVELOPMENT PROGRAM!

Event Details

- **May 2:** Invermere, BC @ Pynelogs Ball Park | 1:00 - 4:30 pm
- **May 3:** Cranbrook, BC @ Little Confederation Ball Park | 1:00 - 4:30 pm

Program Highlights

Effective Practice Management

- Learn how to run engaging and productive practices that cater to the development of every player.

Infield Skills Development

- **Daily Routines:** Implement essential routines to enhance your team's infield dynamics.
- **Double Play Feeds:** Master feeds from both sides of the bag to improve defensive plays.
- **Footwork Techniques:** Discover footwork strategies that lead to successful plays.
- **11 Infield Throws:** Integrate these versatile throws into your training from youth to college level.
- **Double Fungos:** Engage and develop all players in the infield with dynamic drills.

Pitching Mastery

- **Balance and Direction:** Learn the art of achieving balance for more accurate strikes.
- **Lower Half Utilization:** Reduce arm stress by effectively using your lower body.
- **Pitching Mechanics:** Work with players to develop repeatable and efficient mechanics.
- **Pitcher Fielding Practice (PFP):** learn positions and roles in defensive plays
- **Bullpen Management:** Understand how to run and schedule bullpens effectively.
- **Rest and Recovery:** Prioritize arm care and recovery to maintain pitching health.

Hitting Excellence

- **Debunking Myths:** Address misconceptions and refine your approach to hitting.
- **Balance and Direction:** Maintain proper balance throughout the swing.
- **Swing Plane:** Optimize swings to get them on the correct plane.
- **Ground Force Utilization:** Harness ground force for powerful, effective swings.

Why Attend?

- Enhance your coaching techniques with innovative drills and strategies.
- Connect with fellow coaches and share insights and experiences.
- Gain confidence in developing well-rounded, skilled players.

*For more information and to reserve your spot,
contact grassroots@bcminorbaseball.org or your local league.*