



CUTTING EDGE SOFTBALL with BHGS COACH CLINICS 2012

BHGS and Cutting Edge are offering 2 clinics for coaches. BHGS has got to great expense to bring these clinic opportunities to you. Each team is required to send at least one team staff member to the clinics. All staff members are invited to attend. Please respond to bhgsclinics@gmail.com with your team staff members attending each

CLINIC #1

Coach's HITTING & DEFENSE CLINIC

Location is Cutting Edge indoor facility
1844 Stone Avenue, San Jose

Session I (for 6U & 8U coaches) Tue. Feb 7th 7:00-8:30 PM
****THE 6U/8U CLINIC IS ADJUSTED FOR THOSE AGE GROUPS****

Session II (for 10U,12U, & 14U coaches)Wed. Feb 8th 7:00-9:00 PM

Hitting & Defensive Clinic for Coaches:

1. Coaches will learn the "principals of the swing."
2. Coaches will participate in drills, activities that will help to develop a solid power stance, increase visual tracking and bat speed.
3. Coaches will also be given instruction to help identify & to correct problem areas,
4. Bunt, slap, drag, and sneaky bunt will also be covered
5. Coaches will learn how to create "offensive run production situations"

Defensive:

1. Coaches will learn how to increase power and accuracy for the over hand throw. Coaches will learn how to increase their players' catching ability. (infield & outfield)
2. Coaches will learn how to increase their players fielding range, foot speed and position playing in the infield & outfield
3. Coaches will learn how to execute plays for infield situations
4. Coaches will learn how to develop faster base runners, through drills & base running situations.

CLINIC #2

Coach's PITCHING CLINIC: (learn how to coach your pitchers)

Sun. January 29th 1:00-3:00 p.m. at Butcher Park

Sunday January 29th, 1:00-3:00PM

Pitching Clinic for Coaches:

1. Coaches will learn the "Basic Mechanics of windmill pitching
2. The pitching motion will be broken down into progressive and sequential drills for coaches to use through out the season.
3. Coaches will actively learn to pitch during this clinic
4. Coaches will be give information on communication, problem solving and safety in regards to pitching.