

Aquinas Coaches Clinic Itinerary January 19, 2008

Speakers:

Mike Dee, Head Coach at the University of Illinois-Chicago

Mike Nall, Pitching Coach at the University of Illinois-Chicago

Sean McDermott, Hitting/Catching Coach at the University of Illinois-Chicago

Mike Hughes, Outfield Coach at the University of Illinois-Chicago

**** Every segment will feature UIC players demonstrating all drills game speed**

8:30 – 9:10	Philosophies of teaching and practice organization	Dee
9:15 – 9:55	Infield Play	Dee
10:00 – 10:40	Outfield Play	Hughes
10:45 – 11:30	Catching	McDermott
11:30 – 12:15 LUNCH		
12:15 - 1:00	Pitching	Nall
1:05 – 1:45	Baserunning	Dee
1:45 - 1:50	Break	
1:50 - 2:45	The Mental Game and how to teach it	Dee
2:45 – 3:30	Practice Organization	Everyone
	a. Utilizing staff and facility	
	b. Organization	
	c. Reps for the sake of reps vs. quality	
	d. Making sure you are reinforcing the things you need to reinforce.	
3:30-4:15	Coaches and players will break up so attendees can walk around, ask questions and have players demonstrate the specific skills being talked about!	

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Make Checks payable to: La Crosse A's Baseball
\$30/coach (includes lunch) if registered by Jan. 10
\$100 for a group of 4 registering by Jan. 10--\$40/coach after Jan. 10