

# HITTING & DEFENSE SESSION 1

**FRIDAY, JANUARY 13, 2017**

<b>4:00pm</b>	Doors Open - Registration/Check-in	<i>Main entrance</i>	<i>Caven-Williams</i>
<b>4:40pm</b>	Welcome	<i>Caven-Williams</i>	<i>Van Tol</i>
<b>4:50pm</b>	“What’s Your Plan?”	<i>Caven-Williams</i>	<i>Keller</i>
<b>5:10pm</b>	Dynamic Warm Up/Flexibility	<i>Caven-Williams</i>	<i>van Kampen/Jaeger/Paul</i>

**5:20pm**    **6 TEACHING STATIONS - TOPIC - LOCATION - INSTRUCTORS**    (30 mins/station)

<b>HITTING DRILLS</b>	“Get ready to hit”	<i>Caven-Williams</i>	<i>Keller/Perry/Brooks</i>
<b>HITTING LIVE</b>	“Video - Your Swing”	<i>Caven-Williams</i>	<i>Buck/Nakama/Sutton</i>
<b>CONDITIONING</b>	“Stretch, Mobility, Recovery”	<i>Caven-Williams</i>	<i>van Kampen/Jaeger/Paul</i>
<b>BASE RUNNING</b>	“Respect 90”	<i>Caven-Williams</i>	<i>Roberts</i>
<b>DEFENSE</b>	“Secure it and play catch” “Long hop no hop”	<i>Caven-Williams</i>	<i>Farrell (INF) Ely Mitchell (OF) Richardson Schweiger (C)</i>
<b>HOT STOVE</b>	“Vision optimization for maximum success”	<i>Classroom</i>	<i>Lewis</i>

<b>8:30pm</b>	Session 1 Complete	<i>Caven-Williams</i>	<i>Van Tol</i>
<b>8:30pm</b>	Bonus Round (Team Mesa)	<i>Caven-Williams</i>	<i>Van Tol</i>
<b>9:00pm</b>	Bonus Round Finished		

# HITTING & DEFENSE SESSION 2

SATURDAY, JANUARY 14, 2017

<b>8:00am</b>	Doors Open	<i>Caven-Williams</i>	
<b>8:10am</b>	Wake Up Call	<i>Caven-Williams</i>	<b>Perry</b>
<b>8:15am</b>	Dynamic Warm Up/Flexibility	<i>Caven-Williams</i>	<b>van Kampen/Jaeger/Paul</b>

**8:25am**     **6 TEACHING STATIONS - TOPIC - LOCATION - INSTRUCTORS**     (30 mins/station)

<b>HITTING DRILLS</b>	“Understanding the drill”	<i>Caven-Williams</i>	<b>Keller/Richardson Jacques/Schweiger</b>
<b>HITTING LIVE</b>	“Arrive on time”	<i>Caven-Williams</i>	<b>Buck/Perry/Brooks</b>
<b>CONDITIONING</b>	“Warm Up Strategies” 60 Times	<i>Caven-Williams</i>	<b>van Kampen/Jaeger/Paul</b>
<b>BASE RUNNING</b>	“Get into scoring position”	<i>Caven-Williams</i>	<b>Roberts</b>
<b>DEFENSE</b>	“The Routines”	<i>Caven-Williams</i>	<b>Farrell (INF) Ely Mitchell (OF) Richardson Schweiger (C)</b>
<b>HOT STOVE</b>	“The recruiting process”	<i>Classroom</i>	<b>Nakama</b>

<b>11:30am</b>	Session 2 Complete	<i>Caven-Williams</i>	<b>Van Tol</b>
	Bonus Round (Team Eugene)	<i>Caven-Williams</i>	<b>Van Tol</b>
<b>11:45am</b>	<i>Coaches Clinic Break Out Session</i>	<i>Classroom</i>	<b>?????????</b>
<b>12:00pm</b>	Bonus Round (Team South Bend)	<i>Caven-Williams</i>	<b>Van Tol</b>
<b>12:30pm</b>	Bonus Round Finished		

# HITTING & DEFENSE SESSION 3

**SATURDAY, JANUARY 14, 2017**

**12:35pm** Story Time *Caven-Williams* Lee  
**12:45pm** Dynamic Warm Up/Flexibility *Caven-Williams* van Kampen/Jaeger/Paul

**12:55pm** 7 TEACHING STATIONS - TOPIC - LOCATION - INSTRUCTORS (30 mins/station)

<b>VIDEO ANALYSIS</b>	“Breaking down your swing”	<i>Classroom</i>	Keller/Nakama/Perry Richardson/Lee
<b>HITTING DRILLS</b>	“Your personal tool box”	<i>Caven-Williams</i>	Brooks/Buck/Sutton Jacques/Schweiger
<b>HITTING LIVE</b>	“Adjustments”	<i>Caven-Williams</i>	Van Tol
<b>HOT STOVE</b>	“Training room report... how do you really feel?”	<i>Training Room</i>	Paul
<b>CONDITIONING</b>	“Core Strength”	<i>Caven-Williams</i>	van Kampen/Jaeger
<b>BASE RUNNING</b>	“You’re a base hit away”	<i>Caven-Williams</i>	Roberts
<b>DEFENSE</b>	“Not the Routines”	<i>Caven-Williams</i>	Farrell (INF) Ely Mitchell (OF) Richardson Schweiger (C)

**4:35pm** Session 3 Complete *Caven-Williams* Van Tol

# HITTING & DEFENSE SESSION 4

**SATURDAY, JANUARY 14, 2017**

**4:45pm** Story Time *Caven-Williams* **Brooks**

**4:55pm** Dynamic Warm Up/Flexibility *Caven-Williams* **van Kampen/Jaeger/Paul**

**5:05pm** **6 TEACHING STATIONS - TOPIC - LOCATION - INSTRUCTORS (30 mins/station)**

<b>HITTING DRILLS</b>	“Situations”	<i>Caven-Williams</i>	<b>Keller/Nakama/Sutton</b>
<b>HITTING LIVE</b>	“Your routine”	<i>Caven-Williams</i>	<b>Buck/Richardson Schweiger/Jacques</b>
<b>CONDITIONING</b>	“Speed and Agility”	<i>Caven-Williams</i>	<b>van Kampen/Jaeger/Paul</b>
<b>BASE RUNNING</b>	“90 Feet Away”	<i>Caven-Williams</i>	<b>Roberts</b>
<b>DEFENSE</b>	“Double Play Feeds, Pivots Tag Plays and Picks”	<i>Caven-Williams</i>	<b>Farrell (INF) Ely Mitchell (OF) Richardson Schweiger (C)</b>
<b>HOT STOVE</b>	“Don’t leave a rock unturned”	<i>Classroom</i>	<b>Richardson</b>

**8:10pm** Session 4 Complete *Caven-Williams* **Van Tol**

**8:15pm** Bonus Round (Myrtle Beach) *Caven-Williams* **Van Tol**

**8:45pm** Bonus Round Finished

# HITTING & DEFENSE SESSION 5

SUNDAY, JANUARY 15, 2017

<b>8:00am</b>	Doors Open	<i>Caven-Williams</i>	
<b>8:10am</b>	Wake Up Call	<i>Caven-Williams</i>	<b>Sutton</b>
<b>8:15am</b>	Dynamic Warm Up/Flexibility	<i>Caven-Williams</i>	<b>van Kampen/Jaeger/Paul</b>

**8:25am**     **6 TEACHING STATIONS - TOPIC - LOCATION - INSTRUCTORS (30 mins/station)**

<b>HITTING DRILLS</b>	“Breaking Balls”	<i>Caven-Williams</i>	<b>Keller/Brooks/Jacques</b>
<b>HITTING LIVE</b>	“Situational Hitting”	<i>Caven-Williams</i>	<b>Buck/Nakama/Sutton</b>
<b>CONDITIONING</b>	“Power Development”	<i>Caven-Williams</i>	<b>van Kampen/Jaeger/Paul</b>
<b>TEAM DEFENSE</b>	“Cut’s and Relay’s” “Pop Up Priorities”	<i>Caven-Williams</i>	<b>Perry/Farrell</b>
<b>TEAM DEFENSE</b>	“Run Downs/1st & 3rd” “Bunts”	<i>Caven-Williams</i>	<b>Mitchell/Schweiger</b>
<b>HOT STOVE</b>	“Living the Dream”	<i>Classroom</i>	<b>Ely</b>

<b>11:30am</b>	Session 5 Complete	<i>Caven-Williams</i>	<b>Van Tol</b>
<b>11:30am</b>	Bonus Round (Team Tennessee)	<i>Caven-Williams</i>	<b>Van Tol</b>
<b>11:45am</b>	<i>Coaches Clinic Break Out Session</i>	<i>Classroom</i>	<b>TBA</b>
<b>12:00pm</b>	Bonus Round Finished		

# HITTING & DEFENSE SESSION 6

SUNDAY, JANUARY 15, 2017

<b>12:00pm</b>	Bonus Round (Team Iowa)	<i>Caven-Williams</i>	Van Tol
<b>12:30pm</b>	Bonus Round Finished		
<b>12:40pm</b>	Dynamic Warm Up/Flexibility	<i>Caven-Williams</i>	van Kampen/Jaeger/Paul
<b>12:45pm</b>	<b>6 TEACHING STATIONS - TOPIC - LOCATION - INSTRUCTORS (30 mins/station)</b>		

<b>HITTING DRILLS</b>	“Put it all together”	<i>Caven-Williams</i>	Keller/Nakama/Sutton
<b>HITTING LIVE</b>	“Game Day Executions”	<i>Caven-Williams</i>	Buck/Brooks/Schweiger
<b>CONDITIONING</b>	“Strength Training Basics”	<i>Training Room</i>	van Kampen/Jaeger
<b>THE DEFENSE</b>	“27 Outs”	<i>Caven-Williams</i>	Mitchell/Perry/Ely/Paul
<b>THE OFFENSE</b>	“The object is to score”	<i>Caven-Williams</i>	Mitchell/Perry/Ely/Paul
<b>HOT STOVE</b>	“Seeking the Truth”	<i>Classroom</i>	Hopkins

<b>3:50pm</b>	Closing Comments	<i>Caven-Williams</i>	Van Tol
<b>4:00pm</b>	Go Seek The Truth	<i>Caven-Williams</i>	Van Tol