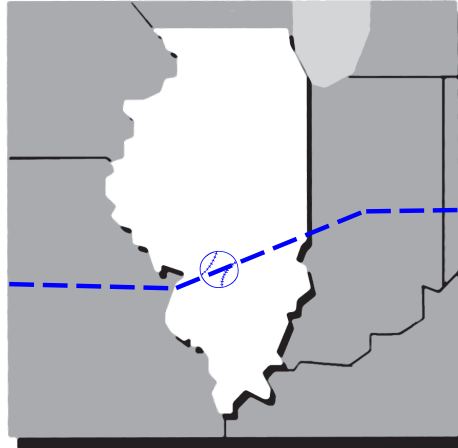


19th Annual
I-70

**BASEBALL
COACHES CLINIC**

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Sunday - Monday January 16 & 17, 2022
Bond County Comm. High School Auditorium
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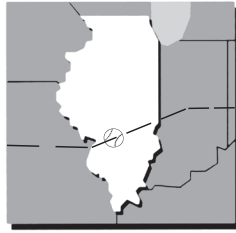


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I-70 BASEBALL COACHES CLINIC

Schedule of Events

Sunday, January 16, 2022

- 5:00- 5:40 **Motivation: Bringing Your Team Together**
Dan McDonnell
- 5:45- 6:30 **Developing a Team Offensive Philosophy
that Allows for Individuality**
Dan Heefner
- 6:30 - 6:45 **BREAK**
- 6:45-7:30 **Team Practice Drills & Throwing Drills**
Dan McDonnell
- 7:35- 8:15 **Process for Pitcher Evaluation**
Tim Leveque
- 8:15 - 12:00 **Coaches Social**
Greenville Country Club
1 mile east of Clinic location on Rt. 140
Food and drink provided!
Sponsored by:





I. 1st Team Meeting – August

- a. Introduce Team Book for the Year

II. Motivational Video/Audio

- a. Elko (Monday Morning Cup)
- b. Gordon (Books)
- c. Saban (Speeches)
- d. You-Tube (Videos)

III. Connection

- a. Labor Day Party
- b. Buddy System
- c. Community Service
- d. DR Trip
- e. Big League Camp
- f. FCA (Summer/Fall/Spring)
- g. Bowling Night
- h. Movie Night

IV. Omaha Challenge

V. Michael Jordan Award

VI. Winter Month

- a. Marbles
- b. Hero/Hardship/Highlight
- c. Book

2VII. Spring Season - Thursday Night Message/Sunday Chapel



Developing a Team Offensive Philosophy that Allows for Individuality

Dan Heefner

I. Developing a Team Identity

- a. We want to be part of something bigger than ourselves
 - i. Lead the Nation in Doubles
 - 1. Everyone is a doubles hitter
 - a. Speed guy
 - b. Power guy
 - ii. Sayings to build confidence and togetherness
 - b. Importance of Autonomy

II. Approach- simplify the at bat

- a. Two Counts
 - i. Less than 2K- Hit a Double
 - 1. Approach Options
 - ii. 2K- get on base
 - 1. 40-50% of at bats
 - 2. Physical adjustment?
 - 3. How do you strikeout
 - a. Trap Breaking Ball
 - 4. 17" with an external goal
 - 5. "Don't Give In"
- b. Situational Hitting
 - i. 1 run at time leads to big innings later in the game
 - ii. Gives hitter more to feel good about

III. Swing

- a. Connection
 - i. Hands, Hip and Knee Lined Up
 - 1. Hands in Front / Push
 - a. Improve the Lower Half
 - b. Delay the hands
 - 2. Hands behind / Drag
 - a. "Traditional Hitting Drills"
 - b. Timing
 - i. Early Timing
 - 1. Damage is done on Fastballs
 - 2. Early allows for adjustment
 - a. Proper load is key
 - 3. #1 Rule- air horn, sprints
 - c. Path- 10-15 degree launch angle is the goal
 - i. Swing Down / Stay Over the ball
 - ii. Get on Plane
 - d. Speed- maximize everyone's bat speed
 - i. Weight Room
 - ii. Medball, Bands & Feels
 - iii. Over/Under Bats & Balls
 - iv. Feedback
 - e. Drillwork
 - i. Teach every drill to everyone
 - ii. Funnel down to what works for each player
 - iii. Feed the Mistake
 - 1. Iso Holds

IV. Routine



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Team Practice Drills & Throwing Drills

Dan McDonnell

I. Throwing Drills

- a. Step Behind Arm Swings (30 Feet)
- b. Turtle Shells (30 Feet)
- c. Upper Body Rhythm (45 Feet)
- d. Hook 'ems (60 Feet)
- e. Whips (60-70 Feet)
- f. Step Behind Curl Hop (90-120 Feet)
- g. 3 Coming In
- h. Quick Hands (INF's & C's)

II. Practice Drills

- a. Team Defense
 1. Fly Ball Communication

- b. Team Offense
 1. Hit Game

- c. Base-Running
 1. Crack of the Bat

- d.Put it All Together
 1. Controlled Scrimmage



I. Why is it important?

- a. The ability to evaluate your pitchers accurately is vital for determining their plan for improvement
- b. How do I ensure that I can help the pitcher get on the right path, and what do I need to focus on?

II. Process of Evaluation

- a. Past performance history
 - i. Has the pitcher performed in the past?
 - ii. How do you identify and evaluate his performance history?
- b. How does he move?
 - i. Does he have a good delivery that allows him to maximize power with a level of efficiency that helps him command the zone?
 - ii. Look at 4 areas: tempo/rhythm, hinge/load, ride/carry, rotation
- c. What type of fastball does he have and why?
 - i. The fastball type allows us to determine what parts of the zone he can target
 - ii. It also gives us a guide on how to compliment and use his secondary pitches
- d. Complimenting secondary pitches?
 - i. What are the traits of his secondary pitches?
 - ii. Does he naturally spin the ball or have feel for a change-up
 - iii. How can we utilize our non-fastball pitches
- e. Does the pitcher have aptitude and a willingness to learn?
 - i. How a pitcher can process information, via visual, feel or through conversations?
 - ii. For some pitchers less is more and the opposite can also be true
 - iii. How do I present information to a pitcher?



I-70 BASEBALL COACHES CLINIC

Sunday Evening

Coaches Social

Food and Drink Provided!

January 16, 2022
8:15 pm - 12:00 am

Greenville Country Club
1391 IL Rte 140, Greenville, IL
1 mile east of clinic location

Food and Drink Sponsored by








I-70 BASEBALL COACHES CLINIC

Schedule of Events

Monday, January 17, 2022

- 8:00 - 8:55 Registration / Donuts provided by 
- 8:55 - 9:00 Announcements
- 9:00 - 9:45 **Incorporating Baserunning Into Practice**
Tony Vitello
- 9:50-10:35 **The Coach's Role in the Mental Game**
Dan Heefner
- 10:35- 10:50 BREAK
- 10:50-11:35 **Team Offense**
Tony Vitello
- 11:35 - 12:40 Lunch
Ice Cream provided by   @PFDairy
- 12:40-1:25 **Pitcher Approach & Strategy; What to Focus on and Why**
Tim Leveque
- 1:30- 2:15 **How the Game Hasn't Changed Pitching-Wise**
Kirk Champion
- 2:15 Door Prizes
including a \$250
Grand Prize!





Incorporating Baserunning Into Practice

Tony Vitello

I. Emphasis on Speedwork

- a. College coaches recruit – High School coaches develop
- b. Speedwork can be included in warm-ups each day or used to keep one group busy while working with another.
- c. Brian Cain's "Do a little a lot, not a lot a little"
- d. Routines can be an asset across the board
- e. Valuable resources: Track coaching staffs / YouTube videos

II. Baseball Speed vs Showcase Speed

- a. Creating an environment in the weight room and on the basepaths that contribute to success on the field.
- b. How quick can you get down the line?
- c. How quick can you make turns around the bases? (Kinsler vs Holst)
- d. Impact on your team and the opponent ("Nebraska Drill")
- e. Proper way to run on the baseball field offensively and defensively

III. Working to Steal Bases

- a. Applying rhythm – 3B much easier to steal
- b. Worry about what you want to happen not what you want to avoid
- c. Sabermetrics favor stolen base attempt over giving up an out on a sac hit
- d. Involve challenges to improve reactions/reaction time

IV. Moving up on Balls in the Dirt

- a. Dirt ball reads are difficult to simulate in practice but can be stressed in scrimmages
- b. Recruiting catching is one of a coach's biggest challenges
- c. Every SEC team is working to make the other prove they can play catch

V. Baserunning at 2B

- a. Players must learn through experience
- b. Differences in a baserunner's duties at 2B with 0 outs and 1 out
- c. Ultimately the goal is to get to home plate
- d. Active feet, eyes up – stealing 3B

VI. Team Baserunning

- a. The No. 1 Rule of Baserunning: Know where the baseball is ALWAYS.
- b. Efficient work can be done with 4-corner baserunning drills in practice
- c. Conditioning baseball players might as well involve baserunning

VII. Open Discussion / Q&A on Drills and Resources



The Coach's Role in the Mental Game

Dan Heefner

I. #1 Role- Coach must be primary mental game resource for player

- a. Wayne Graham 2004

II. Physical and Mental Cannot be Separated

- a. Sleep, Nutrition, Hydration
- b. Maximize Frame and Athleticism

III. Training & Trusting Mindset

- a. Provide time in each practice for both
- b. Finish External
- c. Competitions
- d. Every Game Day Requires Both

IV. Never Outperform Your Self-Image

- a. Imprinting
 - i. Problem vs Solution Coaching
 - ii. Video
 - iii. Performance Journal
 - iv. Encouragement Sheet
- b. Visualization Routine
 - i. Highlight Reel
 - ii. Freeze Frame
 - iii. Next Game

V. Inverted U Theory

- a. Optimal Level Varies by player, position
- b. Evaluate Level
 - i. Not a Slave to Feelings
 - ii. Nolan Ryan
 - iii. Talk vs Listen
 - iv. Strong Voice Always gets the last word
- c. Tools to Regulate
 - i. Ramping Up
 - ii. Calming Down
- d. Routine
 - i. 15 second funnel
 - ii. Finish External

VI. Post Season

- a. Play Championship Baseball All Season
 - i. Play the Game not the Opponent
 - ii. Play to Play Great
 - iii. Talk the Game = Consistent Energy
- b. "Love Competing for a Championship"
- Ed Cheff
- c. Importance of Trust- 35:1
 - i. Building Trust
 - 1. Encouragement Sheet
 - 2. Small and Large Group Discussion
 - a. Go beyond the game
 - 3. Work Together
 - 4. Have Fun Together
 - a. Pregame Meal
 - Competitons
 - 5. Eat Together

VII. What's more important, what you accomplish or who you become?



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Team Offense

Tony Vitello

I. Mentality

- a. You are working on this every day whether it's intentional or not
- b. Aggressive approach on offense and Conservative on defense is a combination that has won many games in the past.
- c. No other sport or group needs to be relentless more than hitters

II. Routines

- a. A proper warmup every day gets the body and mind right
- b. Follow in the footsteps of great ones that have come before you
- c. Do not allow your mind/imagination to place different values on different situations

III. Speedwork and Baserunning

- a. Do not ignore areas that can contribute to production
- b. Challenging the defense to play catch is the goal of all SEC teams

IV. Game of Percentages

- a. Pick your numbers that apply
- b. Give the offensive group a "Why" based on numbers
- c. Consistency will work in the long run

V. Hitting

- a. Repetition is the father of all learning
- b. Limit fatigued swings
- c. Always compete with Bat Speed

VI. Executing the Offense

- a. Always have a clear goal – Singleness of Purpose
- b. Heavy emphasis on Team At-Bats

VII. Open Discussion / Q&A on Drills and Resources



I. Why is it important?

- a. How can a pitcher develop a simple strategy to focus on in the game
- b. How does he maximize his strengths and ensure that his plan is effectively communicated

II. Main focus when on the mound

- a. Trust your stuff
 - i. Do you know how you can maximize your stuff?
 - ii. Do you really believe in your ability and will attack the zone with your pitches?
 - iii. Intent and conviction
- b. Control the count
 - i. It is the single biggest factor to a pitcher's performance
 - ii. What do the numbers say about count control?
 - iii. What should the approach be in each count?
 1. Getting ahead
 2. When we are behind
 3. When we can put a hitter away
- c. Pitch to your strengths
 - i. What are your pitches that you can use to get ahead?
 - ii. When your behind?
 - iii. When you can put a hitter away?
- d. Pitcher/catcher communication
 - i. Does the catcher know each pitcher?
 - ii. Do they have a level of communication where they are both on the same page?
- e. Ability to make adjustments
 - i. How to change course in the game when something is not working
 - ii. How do we know it is not working
 - iii. How do we know if something is working?



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How the Game Hasn't Changed Pitching-Wise

Kirk Champion

I. Understanding the Strike Zone

II. Using the Pitchers Strengths

III. Importance of a Repeatable Delivery

IV. Simple Ways to Evaluate Opposing Hitters for the Pitcher and Catcher



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See you next year!

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January 15 & 16, 2023**

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Stop by Monday afternoon to grab a bite to eat at the local, legendary

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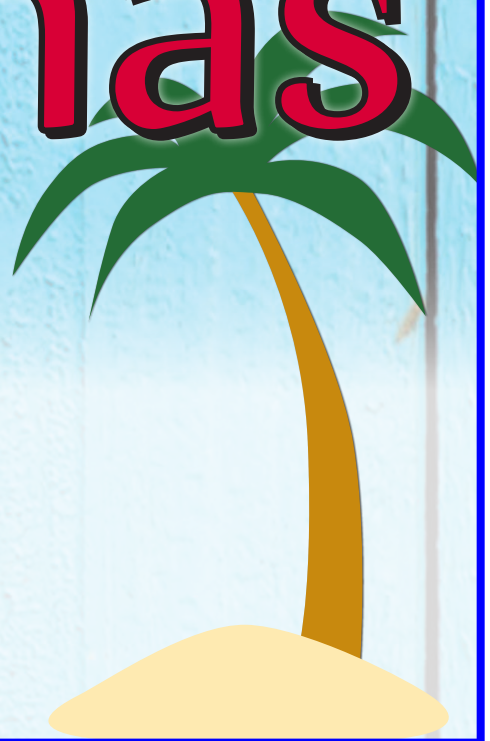
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