



Hanford Youth Softball League

PRESENTS

Advanced Level 1 Fastpitch Coaching Clinic

Saturday March 6, 2010

Woodrow Wilson Junior High School

600 W. Florinda St. Hanford 93230

Cost for Clinic: \$25.00 includes clinic manual

Free Player Pitching Clinic at 4:00 PM

Registration: 7:30 to 8:00 am

QUESTIONS? CALL: Peggy Silva (559) 707-7791

OPEN TO EVERYONE

AGENDA

8:00-8:15	Principles of Coaching
8:15-8:30	Stretching and Warm-up
8:30-9:15	Throwing Techniques
9:15-9:45	Infield Techniques
9:45-10:00	Break
10:00-10:30	Outfield Techniques
10:30-11 :00	Base Running & Sliding
11:00-11 :30	Coach/Umpire Relations
11:30-12:30	Lunch
12:30-1:00	Pitching Techniques
1:00-1 :20	Catching Techniques
1:20-1 :50	Team Drills
1:50-2:00	Break
2:00-2:30	Hitting Techniques
2:30-3:00	Sacrifice and Drag Bunts
3:00-3:15	Practice Organization
3:15-3:40	Heat Stress
3:40-4:00	Review & Closing Remarks
4:00-5:00	<i>Free Player Pitching Clinic</i>

THE DIFFERENCE

The difference between our school and others is you are an active participant! You won't be sitting around all day listening to softball lectures. This school is unique, informative, and exciting because it provides a hands - on experience you won't find anywhere else.

What should I wear to this school?

Wear something comfortable. You will be participating in all of the drills (if you want to, it is not required), so dress for comfort.

What should I bring?

Bring your enthusiasm for learning. A ball glove, a pen, and a notepad. We'll do the rest.

"Tell me, I'll Forget ...Show me, I may remember ...Involve me and I'll Understand"

Please return this portion with your payment ... Thank You
 ADVANCED LEVEL 1 COACHING SCHOOL APPLICATION
 Please make \$25.00 check for clinic payable to: HYSL attn: Peggy Silva
 Mail to: HYSL P.O. Box 1170
 Hanford, CA 93230

Name _____
 Address _____
 City _____ Zip Code _____
 Home Phone # _____ Cell Phone # _____