

Coaching Clinic Outline

- 12:00 – 12:05p** **Opening Remarks & “The Ripken Way” (5 minutes)**
- Welcome Coaches
 - Brief overview of day
 - Keep it simple - Explain the why - Celebrate the individual - Make it Fun
- 12:05 – 12:45p** **Throwing/Pitching (40 minutes)**
- Introduction / Pitching the Ripken Way (*5 min*)
 - Observe First
 - Five Links of the Chain (*10 min*)
 - Feet
 - Balance Position
 - Power Position
 - Rotation
 - Follow Through
 - Pitching Drills (*25 min*)
 - Knee Drill
 - Tee Drill
 - Balance Drill - Toe Tap Drill
 - Power Position Drill
- 12:45 – 12:50p** **Throwing/Pitching Q&A (5 minutes)**
- 12:50 – 1:25p** **Infield (35 minutes)**
- Introduction (*5 min*)
 - 2 Parts – Catching and Throwing
 - Teams that play catch the best generally win
 - Ready position, crossover step – used at every position
 - Basic Groundballs (*5 min*)
 - Basic Groundball drill – Wide base, butt down, hands out front
 - Backhands (*7 min*)
 - Throwing side foot
 - Glove side foot
 - Backhand(s) drill
 - Throwing after the catch (*8 min*)
 - Shuffle, Throw, Follow drill
 - Underhand flip (*10 min*)
 - High Five Drill
 - Box Drill
- 1:25 – 1:30p** **Infield Q&A (5 minutes)**
- 1:30 – 1:40p** **Break**

1:40 – 2:15p

Outfield (35 minutes)

- Introduction (5 min)
 - Catch the routine ball, last line of defense
 - Ready position
- Groundballs (5 min)
 - Field same as Infielder – Wide base, butt down, hands out front
- Basic Flyballs (8 min)
 - Ball, Glove, Eyes
 - Flyball Drill with/without gloves
- Crossover Step (5 min)
 - For balls hit to your sides
 - Pivot and crossover - no wasted movements
 - Crossover Step Drill
- Drop Step (5 min)
 - For balls hit over your head – Drop step then crossover
 - Drop Step Drill
- Communication (7 min)
 - Communication Drill

2:15 – 2:20p

Outfield Q&A (5 minutes)

2:20 – 2:55p

Hitting (35 minutes)

- 7 elements to the swing (5 min)
 - Grip
 - Stance
 - Weight Shift
 - Stride
 - Swing
 - Contact
 - Follow-Through
- Hitting Drills (30 min)
 - Tee Drill
 - Big Ball Tee Drill
 - Soft Toss
 - Short toss from the front
 - One arm drill
 - Lob Toss Drill

2:55 – 3:00p

Hitting Q&A (5 minutes)