



York Little League Coaches Clinic

(anyone interested in coaching is strongly encouraged to attend)

Saturday, March 23rd following evaluations

11:00 AM – 12:30 PM

Seacoast United Bubble (1050 Route 1, York)

The Seacoast United Baseball coaching staff will be running a coaches clinic for local Little League and Cal Ripken Coaches. The coaching staff will be using players from the Seacoast program that will show drills, technique, and mechanics. It will be a 90-minute clinic showing how we run our practices to help coaches get a good look at timing and organization, while explaining how to help make players better.

- Hitting (stance, swing, finish)
- Fielding (Athletic stance, hand positioning, foot work, throw)
- Pitching (Drills, technique, lower half drive, mentality)
- Catching (Drills, stances, receiving, blocking, footwork)
- Practice (drills, organization, timing)

Each season a new volunteer form needs to be completed. Please follow the [<volunteer>](#) link to fill out, print and bring to the clinic.

