

Irondequoit Baseball



IAA COACHES CLINIC



Overview



- Productive Practice Planning (Short and Sweet)
- Every Day Drills/Points of Emphasis
- Equipment to Prioritize
- Communication
- Questions?



Practice Planning Philosophy



- Short and efficient (1.5 hour maximum, ideally 1 hour)
- Have a plan for use of time
- Limit standing around as much as possible
- Station based approach
- Consistent so kids know what to expect



Productive Practice Planning



Practice Plan	1 Y	2 M	3 A/C
9:00-9:15		Throwing Progression	
9:15-9:27	Fielding -Infield EDD -Outfield EDD Kuhn/Gallagher	Baserunning Circuit Moroni	Hitting -TEE EDD cuts -Hard hit ball contest in cage (10) Bonanno/Frankie
9:30-9:42	Hitting -TEE EDD cuts -Hard hit ball contest in cage (10) Bonanno/Frankie	Fielding -Infield EDD -Outfield EDD Kuhn/Gallagher	Baserunning Circuit Moroni
9:45-9:57	Baserunning Circuit Moroni	Hitting -TEE EDD cuts -Hard hit ball contest in cage (10) Bonanno/Frankie	Fielding -Infield EDD -Outfield EDD Kuhn/Gallagher



Productive Practices - Competition



- We try to factor in a contest for everything that we do
 - We compete at the end of catch with a throwing game
 - Hitting Contests
 - Fielding Contests
- Great way to add some fun in to the end of practice



Every Day Drills (EDDs)



- The Hallmark of what we do at IHS
- The drills can be differentiated for skill level/age
- Most are accessible for young players
- These are drills kids can do on their own at home and get better
- The list of EDDs is on paper. I will go over each drill and briefly discuss how to modify drills as needed to meet the needs of younger players



Points of Emphasize



- Next to each EDD you will see a point of emphasis for the drill in parentheses.
- We try to narrow our focus to make sure to emphasize the most essential skills for the development of our players
- Please ask clarifying questions if you have them



Equipment Needed



- BALLS!!!!!!
- Tees
- Nets
- Drop Down Bases
- Foam Pads



Communication – Game Changer



- Communication between our staff and the Irondequoit Baseball Community is essential
- Game Changer
 - We will have a universal game changer for everyone in Irondequoit to follow. As a staff we will use this to communicate with the **Irondequoit Baseball Community**.