

# North Hills Indians



## Coaches Clinic

Saturday, March 28<sup>th</sup>, 2015 at 10am

---

**Dates:** Saturday, March 28<sup>th</sup>, 2015 at 10am

**Where:** North Hills Senior High Gym

**Cost:** FREE to all Youth Coaches

**What:** The North Hills Indians Coaching Staff will provide a free Clinic that will focus on coaching and teaching techniques, mechanics, and fundamentals in the following areas:  
Hitting, Pitching, Catching, Fielding, & Base-running. Suggested Practice plans and drills.

**Clinicians:** North Hills Indians Baseball Coaching Staff & Players

---

### Itinerary:

It is important for the local youth baseball organizations to assist in contributing to the success of North Hills Baseball at the school level. We need to work together to help these young players develop so that they are prepared when they get to the school team. Youth coaches need to emphasize proper mechanics and the fundamentals of the game. These players will each all develop at different rates.

**10am:** Welcome and introductions of the North Hills Indians Coaches and Players.

**10:20:** Practice Plan; Be Organized. Post it and let the players know what the plan is for the day;  
Active warm up/Stretching; Importance of proper warm-up and stretching/Throwing program for all players/ Throwing program for pitchers

**10:30:** INF/OF Drills; Proper fielding mechanics for various INF/OF drills.

**10:45:** Catcher Drills; Proper mechanics for and Drills for Catchers.

**11:00am:** Hitting philosophy & proper mechanics for Hitting & Bunting; T work/Soft-Toss/Bunting Mechanics/Hitting in cage (Front Toss & Live BP)  
Clearly identify what we are working on in the cage; have a purpose and result in mind.

**11:30:** Wrap-up and Q&A

**12pm:** End of Clinic

**It requires absolutely NO SKILL to bring a great attitude & great hustle to every practice/game.**

\*\*\*\*Follow North Hills Baseball at [www.NH-Baseball.com](http://www.NH-Baseball.com)