

Len Clarke

District 4 Coaches Clinic



Date

Sunday, March 4; 12:30-3:30pm

Location

**Garden Home Recreation Center
7475 SW Oleson Rd, Portland, OR 97223**

Cost

Free

What you can expect

Amateur Baseball Coaches Manual

The Manual provided is intended to be a guide for amateur baseball coaches to help organize a practice environment that will prepare individual players for team competition.

The material is organized in a series of discussions that build up to “muscle memory”. This method is achieved by following proper technique and applying repetition to drills that promote the development of correct fundamentals.

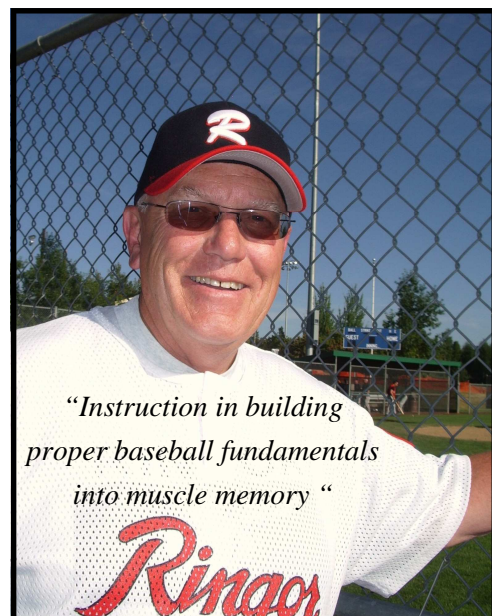
It should be noted that the age and physical characteristics of the player often dictates their ability to comprehend the activities described in this manual. The manual is divided into the following sections:

The Coaches Role; Defense; Pitching/Catching; Running; Sliding; Bunting; Hitting; Practice Organization

Instruction is given with basic drills and terms that will become familiar to young players. Most of these exercises are not new or invented by the author. They represent teachings that work in a practical, typical youth baseball environment.

I hope that each coach that reads this document can experience the joy associate with contributing to the development of a truly talented player.

“For most players, I believe you can develop fundamentals that will be applied in the future on baseball or softball fields when these players become young adults. I hope they will look back and remember the YOU helped develop some of the skills that allow them to compete and have a good time!” See you in the gym, Len



*“Instruction in building
proper baseball fundamentals
into muscle memory “*