



Little League Illinois District 13



Learning the Game &

Baseball/Softball Programs

Instructional Clinics for Coaches and Managers with *Al Herback*

Clinic Date: Saturday, March 6, 2010
Location: Cambridge Lakes Community Center
1125 Wester Blvd.
Pinegree Grove, IL 60140
Rookie League: All Day – both sessions
American & Major: Afternoon session – encouraged to attend morning session

AGENDA

8:30 a.m. start; ending approximately 12:00 p.m.--For coaches working with players 4-5-6 years of age.

The **LEARNING the GAME** program will cover warm-up, throwing, catching, ground balls, fly balls, hitting and base running. 'The Game' will also be introduced along with drills for each skill area.

12:30 p.m. start; ending approximately 5:00 p.m.-- For coaches working with players 7 through 12 years of age.

COACH PITCH and the BASEBALL/SOFTBALL programs cover warm-up, throwing, catching, ground balls, fly balls, base running, hitting, bunting, pitching, catching behind the plate, sliding and 'The Game' will be introduced along with many drills to be used at practice pertaining to the skills. As many of the Six Innings and the Extra Innings will be covered one by one for all the coaches to fully understand how each practice will cover the one or more of the basic skills and a life skill as well.

HISTORY OF THE PROGRAM

While it is recognized that Little League volunteers are out there doing their best, it is also recognized that they have most likely received little or no specific training for the job. Volunteers who are learning on the job frequently use past experience or a trial and error approach to getting the job done. Often they are subjected to criticism. Also, many managers and coaches offer their services on a short-term basis. This approach to training has been one of the main frustrations of Little League life.

Al will show you in 6 easy practice plans for the **7 through 12 Baseball/Softball** program how to teach ten fundamentals, how to organize each practice, how to work with players and parents and use baseball for teaching our children to be fine citizens of tomorrow. The **Learning the Game** program will be done in 6 easy to follow practices with fun activities and drills focused on the skills necessary for the kids to learn the game.

Al Herback is bringing a new and unique instruction program with resources to your community for the purpose of helping managers and coaches work with children in many ways. Along with the instructional program at the clinic, there will be manuals and DVDS available for the appropriate age groups.

You may attend one or both sessions if you wish. Bring your glove, comfortable clothing, sneakers and let's have some fun!!!

A reminder for all coaches: Bring comfortable clothing and a glove and enjoy the day through participation.