



## **Norwegian Coaches Clinic 2016**

### **Day 1 - Saturday 30.1.2016**

- ▶▶ 9.00 – 10.00      **Participants Arrival/Check-in**
- ▶▶ 10.00 – 10.20      **Welcome, Introductions & Format**  
Clinic Host & Staff
- ▶▶ 10.20 – 11.00      **Games That Grow The Game**  
Staff
- ▶▶ 11.00 – 11.40      **Ideas from a Baseball Clinic**  
Mark Fuller
- ▶▶ 11.40 – 12.20      **Cadence Catch: Throwing for all Positions & Levels**  
John Vodenlich
- ▶▶ 12.20 – 13.00      **Mechanics of Pitching: The Basics**  
Terry Ayers
- ▶▶ 13.00 – 13.40      **innovative Ideas for Practice Organization**  
Mark & Marty
- ▶▶ 13.40 – 14.20      **BLAST: A Common Sense Approach to Hitting**  
John Vodenlich
- ▶▶ 14.20 – 15.40      **LUNCH**
- ▶▶ 15.40 – 16.20      **The Making of a Pitcher I: Drills that Work**  
Terry Ayers
- ▶▶ 16.20 - 17.00      **An Offensive Game Plan Using Small Ball**  
Mark & Marty
- ▶▶ 17.00 – 17.40      **Hitting Drills: The Core 4, Pepper, & More**  
John Vodenlich
- ▶▶ 17.40 – 18.20      **The Making of a Pitcher II: VIP**  
Terry Ayers
- ▶▶ 18.20 – 19.00      **My Favorite Hitting Drills**  
Marty Paulsen
- ▶▶ 19.00 – 19.40      **Observations From 100 Years of Baseball Experience**  
Mark & Marty
- ▶▶ 19.40 – ?          **Dinner & Social**  
"What happens on the road – stays on the road!"



## **Norwegian Coaches Clinic 2016**

### **Day 2 - Sunday 31.1.2016.**

- ▶▶ 9.00 – 9.40      **Nothing in Excess: Playing Championship Baseball**  
Mark Fuller
- ▶▶ 9.40– 10.20    **Infield Drills & Skills**  
John Vodenlich
- ▶▶ 10.20 – 11.00    **Get a Grip: a Pitcher's Arsenal**  
Terry Ayers
- ▶▶ 11.00– 11.40    **Aggressive Baserunning: Making a Difference on the Bases**  
Mark & Marty
- ▶▶ 11.40 – 12.40    **Turn Two: Teaching the Double Play**  
John Vodenlich
- ▶▶ 12.40 – 13.20    **Little Things that Can Make a Difference**  
Mark, Marty & Terry
- ▶▶ 13.20 – 14.00    **The Making of Men – The Reason We Coach**  
John Vodenlich
- ▶▶ 14.00 – 14.40    **Review of Clinic: Q & A**  
Staff
- ▶▶ 14.40 – 15.00    **Closing-Raffle - Goodbye**