

<u>Saturday, January 27th @ NIH</u>		
10:30-11:00	Welcome & Registration	NSBF
11:00-11:45	Breaking Down the Basics of Pitching	Derek Johnson
11:45-12:30	Hitting Fundamentals and Situational Drills	Mark Baldwin
12:30-13:30	Lunch	All
13:30-14:30	GYM: Practical Application	All
14:30-15:15	GYM: Drills	All
15:15-16:00	GYM: Hands-On Coaching	All
16:00-16:15	Break	All
16:15-16:45	Coaching Motivation: Why do you show up to Coach?	Troy Urdahl
16:45-17:15	How to Build a Catcher	Mark Baldwin
17:15-18:00	Q&A	All

<u>Sunday, January 28th @ Ullevaal</u>		
09:00-09:45	The Sports Environment: Creating the Ideal Sport and Learning Environment for Today's Athlete	Troy Urdahl
09:45-10:30	Throwing Programs to Develop your Pitchers	Derek Johnson
10:30-10:45	Break	All
10:45-11:30	Coaching Fundamentals: Designing and Executing Effective Training Sessions	Troy Urdahl
11:30-13:00	Lunch	All
13:00-13:45	Becoming a Coach of Positive Significance	Pat Doyle
13:45-14:30	Outdoor and Indoor Practice - MAKE IT FUN!!	Mark Baldwin
14:30-14:45	Break	All
14:45-15:30	Q&A	All
15:30-16:00	Conclusion & Raffle	All