



Clinic NOTES:

- Set Up – make sure you arrive early enough to get stations set up and equipment ready so that parents and players arrive to a playing area that is ready for participation. Looking organized and prepared is key to the success of clinics.
- Safety, Safety, Safety – make sure instructions and rules are clear and heard by the youth participants. Balls and Bats lend themselves to dangerous scenarios and as instructors, you must be vigilant in your monitoring the actions and behavior of the program participants. Don't be afraid to announce "FREEZE" if you see the group losing focus or breaking boundaries or safety rules. Regaining control is always a good idea if needed.
- These 1-hour clinics should be high energy and well organized. The sport of baseball/t-ball/wiffleball tends to lend itself to some standing around. All stations, drills, skills, and games should be implemented with components to make the participants move. Be creative.
- Instruction should be to the point. These players are not here in a 1-hour clinic to sit around and listen to coaches talk. They want to play. Be sure to have targeted opportunities to instruct and make sure that introductions to rules, stations, skills, drills, games are short and to the point.
- Questions and Answers – be sure to get the players involved by asking them questions and having them participate in demonstrations.
- Know what you are doing! Don't be the instructor that doesn't know how to run their station, teach their skill, or play a game. You are being provided several supporting curriculum and materials for you to know what you are doing. Study up and be ready to go!

Baseball Clinics Weekly Agenda

Baseball clinics are to improve the individual fundamentals of the players. The fundamental skills of throwing, catching, grip, hitting, base running, field positions, sliding, etc. should be done every week. The older the age group, the more difficult and discipline the drills need to be. You need to plan activities, skills and games that fit your clinic. When planning your clinic consider the players age, clinic location/space, length of clinic and equipment.

Use OTA's resources available to plug & play different Baseball skills, activities, and games every week.

CLINIC FORMAT:

Beat the Coaches Challenge – Activity while players arrive onsite

Welcome/ Attendance / Announcements

Warm Up Activity & Stretches

Skill(s) – Intro and Teach: Refer to OTA Curriculum Baseball Skills/Drills (throwing, catching, hitting, running)

ROTATIONS 1: Skill Station Work – Small group teaching

- Skill #1
- Skill #2
- Skill #3

Water Break

Baseball Games – Mini games designed to reinforce skills in a fun-filled method, different from drill-based skill station work.

Skill(s) – Intro and Teach: Refer to OTA Curriculum Baseball Skills/Drills (throwing, catching, hitting, running)

ROTATIONS 2: Skill Station Work – Small group teaching

- Skill #1
- Skill #2
- Skill #3

Water Break

Baseball Game – 2-3 innings / Situational Baseball Scrimmage

Huddle Up / Clinic Recap / Announcements