

2010 FCBC Coaches Clinic's

FCBC will be offering to all coaches in FCBC Baseball Clinic's to enhance each coach's ability to coach and teach the game of baseball. As part of the application to coach, you agreed to attend FCBC Clinics. Below are clinics' that will be held for you this season. Two will be held at the EDGE Sports early in May and one will be held on the Field later in May. We do expect coaches to attend or send an assistant coach to the Clinics.



Pre-K – 2nd Grade:

- **May 4th: 6:30 – 8:30** pm EDGE Sports Center: Trainer Skeeter Tiedman and Staff
 - Clinic will cover
 - Gun Sight “L” (Warming up arm)
 - ABC”s (Alligator, Bellybutton, Crow Hop)
 - Batting Stance (Hands, Grip, Knees & Feet)
 - Hitting (Legs, Hips, Arms, Swing)
 - Positions (K-2 should try every position)
 - Pitching (Posture, Arm position, Release point and follow through)
 - Catching (Soft Hands, V- outs,

- **May 16th: 3:00 – 6:00** Edora Park Ball Fields: Trainer Ernie Romero and HS Coaches
 - Session 1 –from 3 - 4pm, OFFENSIVE SKILLS
 - Session 2 –from 4 - 6pm, DEFENSIVE SKILLS
 - Each session will have five different age groups. Coaches will attend their appropriate age group.
 - 5-6 year olds.
 - 7-8 year olds
 - 9-10 year olds
 - 11-12 year olds.
 - 13-17 year olds

3rd Grade – 11th Grade:

- **May 6th: 6:30 – 8:30** pm EDGE Sports Center Trainer Skeeter Tiedman and Staff
 - Clinic will cover
 - Hitting (Legs, Hips, Arms, Swing)
 - Positions (what's required)
 - Pitching (Posture, Arm position, Release point and follow through)
 - Catching (Soft Hands, V- outs,)

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 - Session 2 –from 4 - 6pm, DEFENSIVE SKILLS
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