2018 Event Information

Event Partners

www.SoftballCoachesClinic.com
Download the Official
*World Softball Coaches’ Convention*
App!

Carry the World Softball Coaches’ Convention with you at all times! Our app has everything you'll ever need to enhance your convention experience, including a full schedule, floor plan, presenter biographies, and more!

Scan the QR Code Above or Search “Softball Coaches Convention” in the App Store and Google Play Store!
January 2018

Dear Coaches and Players,

Welcome to the 12th annual Mohegan Sun World Softball Coaches’ Convention! We are excited to have you here. Our mission is to provide you with the very best in coaching education; and once again this year, we have secured the best clinicians and designed a curriculum that addresses all levels of play and a range of coaching areas.

Here are a couple of clinic notes for 2018:

- To most conveniently provide you with the latest event information, we offer an event app that features the clinic schedule, a list of exhibitors, a digital version of the event handout and much more. Search Softball Coaches Convention in the app store. If you'd like to receive real-time event updates and news, please allow push event notifications to your device of choice.

- Starting at 12:10pm, we are offering players and coaches the opportunity to meet and get autographs from our attending softball stars - Chelsea Goodacre, Danielle Henderson, Kelly Kretschman, Sierra Romero, and Natasha Watley - in the Exhibitor Zone. See the event handout or app for details. Players have first priority for autographs.

- At 1:00pm, Softball Hall of Famer Sue Enquist is hosting a session - MASTER CLASS: Personal Training Packages from Our Champions - in Break-Out #1 featuring softball stars Chelsea Goodacre, Kelly Kretschman and Sierra Romero. You'll get some insights into what training approaches and activities helped to make them great players - it should be a terrific session.

- A suggestion: we encourage you to take advantage of time early in your day to visit exhibitors as some exhibitors have flights to catch later in the day.

We believe our convention is more than just a day of player and coaching instruction; it is a chance to bounce ideas off your fellow coaches and players and learn from each other. Our convention staff, exhibitors and guest speakers will be available to you throughout the clinic. Please don’t hesitate to introduce yourself, ask a question or provide your own perspective on the game.

We thank all of our clinic presenters, who have found the time to share their knowledge and passion. A special thanks to our title sponsor, Mohegan Sun; and to all of our sponsors and exhibitors, whose support helps make this clinic possible.

Enjoy the clinic and if you have any thoughts on how to improve next year’s Mohegan Sun World Softball Coaches’ Convention, please let us know. We wish you all the best with your upcoming season!

Yours in softball and coaching,

Andy Walker  Roger LaFrancois  Pete Walker  Paul Sturges  Rick Orluk

P.S. Become a World Softball Facebook Fan and get clinic updates throughout the year.  www.SoftballCoachesClinic.com
WORLD SOFTBALL EVENT SCHEDULE

Saturday, January 20, 2018:

<table>
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<tr>
<th>Session Times</th>
<th>Location</th>
<th>2018 Presenter</th>
<th>2018 Topic</th>
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</thead>
<tbody>
<tr>
<td>7:00am - 9:30am</td>
<td>GENERAL EVENT REGISTRATION</td>
<td></td>
<td>Convention Center Pre-Function Area</td>
</tr>
<tr>
<td>7:45am - 8:15am</td>
<td>EXHIBITOR TIME</td>
<td></td>
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<tr>
<td>8:15am - 9:00am</td>
<td>Break-Out #1</td>
<td>Lisa Van Ackeren</td>
<td>Developing Your Culture: The Core of Team Success</td>
</tr>
<tr>
<td></td>
<td>Break-Out #2</td>
<td>Sierra Romero</td>
<td>Favorite Infield Drills</td>
</tr>
<tr>
<td></td>
<td>Extra Innings Batting Cage</td>
<td>Jennifer Hapanowicz</td>
<td>How to Increase Speed and Improve Mechanics at Any Level: A Pitching DEMO</td>
</tr>
<tr>
<td>9:15am - 10:00am</td>
<td>Break-Out #1</td>
<td>Bridget Orchard</td>
<td>Competitive Practice Drills and Strategies to Get the Most Out of Your Players</td>
</tr>
<tr>
<td></td>
<td>Break-Out #2</td>
<td>Nancy Newell</td>
<td>Reengineering Pre-Game Strategies: Warm-up Strategies, Arm Care, Speed Movement &amp; Long Toss</td>
</tr>
<tr>
<td></td>
<td>Break-Out #3</td>
<td>Steve Springer</td>
<td>Quality At Bats: The Mental Game</td>
</tr>
<tr>
<td></td>
<td>Extra Innings Batting Cage</td>
<td>Denise Davis &amp; the Planet Fastpitch Team</td>
<td>Pitching, Hitting &amp; Throwing Contests with Prizes! Featuring Kelly Kretschman, Chelsea Goodacre &amp; Danielle Henderson</td>
</tr>
<tr>
<td>10:00am - 10:30am</td>
<td>EXHIBITOR TIME</td>
<td></td>
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<tr>
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<td>Extra Innings Batting Cage</td>
<td>Lindsay Leftwich</td>
<td>Bat Demo hosted by Extra Innings</td>
</tr>
<tr>
<td>10:30am - 11:15am</td>
<td>Break-Out #1</td>
<td>Kelly Kretschman with Sue Enquist</td>
<td>Developing Championship Catchers</td>
</tr>
<tr>
<td></td>
<td>Break-Out #2</td>
<td>Danielle Henderson</td>
<td>Swing Tips: Behind in the Count - Mindset and Mechanics</td>
</tr>
<tr>
<td></td>
<td>Break-Out #3</td>
<td>Sierra Romero &amp; Jen Hapanowicz/ USA Elite Training Team</td>
<td>In-Game Management of Pitchers</td>
</tr>
<tr>
<td></td>
<td>Extra Innings Batting Cage</td>
<td>Sue Enquist &amp; Natasha Watley</td>
<td>Hitting Drills &amp; Tools for Indoor Team Training</td>
</tr>
<tr>
<td>11:25am - 12:10 pm</td>
<td>Break-Out #1</td>
<td>Bridget Orchard</td>
<td>Misinformation in Coaching: Identifying the 5 Technical No-No's</td>
</tr>
<tr>
<td></td>
<td>Break-Out #2</td>
<td>Denis Davis</td>
<td>Identifying Each Individual Player's Strengths and Weaknesses Offensively to Increase Team Run Production</td>
</tr>
<tr>
<td></td>
<td>Break-Out #3</td>
<td></td>
<td>The Necessary 9 for Pitching: 9 Drills to Increase Speed, Stamina, Efficiency and Command (Post session video access to demos.)</td>
</tr>
<tr>
<td></td>
<td>Extra Innings Batting Cage</td>
<td>Chelsea Goodacre &amp; Lindsay Leftwich</td>
<td>A Gold Glover's Favorite Catching Drills - DEMO</td>
</tr>
</tbody>
</table>

Program, topics and presenters are subject to change. Attendees must wear their event credentials at all times to access the event. **No videotaping of event sessions is allowed.**

Carry the World Softball Coaches’ Convention with you at all times! Our app has everything you need to enhance your convention experience, including a full schedule, floor plan, presenter bios, and more!

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WORLD SOFTBALL EVENT SCHEDULE

Saturday, January 20, 2018 (Continued):

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<tbody>
<tr>
<td>12:00pm - 12:25pm</td>
<td>Exhibitor Zone/ Planet Fastpitch Booth</td>
<td>Danielle Henderson</td>
<td>Meet &amp; Greet Session</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Olympic Gold Medalist Pitcher, 3-Time All-American at UMass, 1999 College Player of the Year</td>
<td></td>
</tr>
<tr>
<td>12:15pm - 1:00pm</td>
<td>Exhibitor Zone/ Rawlings Booth</td>
<td>Kelly Kretschman</td>
<td>Autograph Session presented by Rawlings (Players have first priority for autographs)</td>
</tr>
<tr>
<td></td>
<td>Exhibitor Zone/ Wilson Booth</td>
<td>Sierra Romero</td>
<td>Autograph Session presented by Rawlings (Players have first priority for autographs)</td>
</tr>
<tr>
<td></td>
<td>Exhibitor Zone/ Rawlings Booth</td>
<td>Chelsea Goodacre</td>
<td>Autograph Session presented by Rawlings (Players have first priority for autographs)</td>
</tr>
<tr>
<td></td>
<td>Exhibitor Zone/ Pitch in for Softball Booth</td>
<td>Natasha Watley</td>
<td>Autograph Session presented by Pitch in for Softball (Players have first priority for autographs)</td>
</tr>
</tbody>
</table>

12:15pm - 1:15pm

EXHIBITOR/LUNCH TIME

12:15pm - 12:30pm: Extra Innings Batting Cage

Lisa Van Ackeren, Danielle Henderson, Lindsay Leftwich & Bridget Orchard

Bat Demo hosted by Extra Innings

12:30pm - 1:00pm: Break-Out #1

Lisa Van Ackeren, Danielle Henderson, Lindsay Leftwich & Bridget Orchard

College Recruiting Question & Answer Session for Coaches, Parents & Players

1:15pm - 2:15pm: Break-Out #1

Lisa Van Ackeren

Building Confidence in Pitchers

2:30pm - 3:15pm: Break-Out #1

Denise Davis

Parent/Coach Hands-On Training: Learn and Feel the Basic Movements of the Pitch, the Overhand Throw, and the Swing

2:30pm - 3:15pm: Break-Out #2

Danielle Henderson

Get the Most Out of Your Indoor Practices: Maximizing Your Time in Small Spaces (Organization Keys and Drills)

Break-Out #3

Lindsay Leftwich

Overhand Throwing: Drills, Drills, Drills

3:30pm - 4:20pm: Break-Out #1

Sue Enquist

National Combine Results by Age Group: Drills to Improve

Break-Out #2

Jen Hapanowicz & Neil Swanchak

Defensive Drills to Build a Championship Team

Break-Out #3

Nancy Newell

Reengineering Pre-Game Strategies: Warm-up Strategies, Arm Care, Speed Movement & Long Toss (REPEAT SESSION)

4:25pm - 5:15pm: Break-Out #1

Bridget Orchard

Pitch Selection 101 to Increase Baserunners, Runs & Wins

AUTOGRAFP SESSION GUIDELINES: Players have first priority for autographs. We can only sign one item per person and, due to time constraints, may reserve the right not to allow photographs. We cannot guarantee all players will receive autographs.

The event would like to recognize Jaypro Sports for providing the bleachers for the Extra Innings Batting Cage sessions. Visit Jaypro’s booth to learn more about all their softball product offerings.

SAVE AT GENO’S FAST BREAK RESTAURANT:
Hungry? Geno’s Fast Break is offering 5% off all food and beverage purchases throughout the clinic for softball clinic attendees wearing their credentials. Geno’s is located just outside the Convention Center on the 1st floor.

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# 2018 Mohegan Sun World Softball Coaches' Convention
## Exhibitor Booth Locations

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<th>Company/Exhibitor Name</th>
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<td>Adrenaline Fundraising</td>
<td>208</td>
<td>Lee County Sports Development</td>
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<td>Air Structures American Technologies</td>
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<td>All Sports International</td>
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<td>Baseball Heaven</td>
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<td>On Deck Sports</td>
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<td>Batting Cages USA</td>
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<td>Pitch In For Baseball &amp; Softball</td>
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<td>BIG Vision Sports Complex</td>
<td>302</td>
<td>PitchAware</td>
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<td>Boston Biomotion</td>
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<td>Planet Fastpitch</td>
<td>203 &amp; 205</td>
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<td>BOWNET Sports</td>
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<td>Positive Coaching Alliance</td>
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<td>BSN Sports</td>
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<td>Power-Tek</td>
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<td>Central Florida Spring Training</td>
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<td>Diamond Sports</td>
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<td>Disney Baseball &amp; Softball</td>
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<td>Extra Innings/Pre-Function</td>
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<td>Fan Cloth</td>
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<td>Fit Uniforms</td>
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<td>Five Tools</td>
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<td>SuperSpeed Slugger</td>
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<tr>
<td>Frank Herzog Photography</td>
<td>90 &amp; 91</td>
<td>Team Star Classic</td>
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<td>Franklin Sports</td>
<td>911 &amp; 913</td>
<td>The Graphic Edge</td>
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<td>GMA Sales</td>
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<td>USA Elite Training</td>
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<td>Ground Force Sports</td>
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<td>JANT girl</td>
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<tr>
<td>Jaypro Sports</td>
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<tr>
<td>Launch Angle Tee</td>
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We thank you in advance for supporting our convention exhibitors and encourage you to patronize them throughout the year. You can find an exhibitor listing with their website addresses on our app or on our website.

www.SoftballCoachesClinic.com
Saturday morning's World Baseball sessions will take place in the Convention Center's Upper Level Meeting Rooms at the top of the escalator.
Culture is ever evolving, ever in flux, and affected by EVERYONE associated with the program for better or for worse. It’s all about people!

1. **Who Are Your People?**
   - Who is a part of your program? How you treat them shares something about your culture
   - Parents
   - Captains & Team Leaders

2. **Do You Understand Your People?**
   - Learn about them, help them learn about each other
   - Stay connected

3. **What Do Your People Value? What Does Your Program Value?**
   - Your current culture
   - Programmatic values: Values regardless of who’s in the uniform
   - THIS team: Values of this unique group of people

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SESSION: Saturday, January 20, 2018, 8:15AM – 9:00AM: Break-Out #2
TOPIC: Favorite Infield Drills
PRESENTER: Sierra Romero, 2016 USA Softball Collegiate Player of the Year, 4-Time All-American at Michigan & Current NPF USSSA Pride Player

Building Your Foundation
- The key to being a successful infielder
- Repetition
- Knowledge of the game
- Mental Toughness

  ➢ Every Drill will be a progression
  ➢ Always work on fundamentals then add a challenge
  ➢ The work NEVER Stops!

PPF’s (Pre-Practice Fundamentals) Glove Work
- Every day drill
- Going back to basics and focusing on the little things!
- Slow yourself down and strive for perfection

Good Hop/ Bad Hop
- Focus on the speed and spin of the softball
- Your goal is to field the ball at its lowest point
- If you can’t get the short hop, get the ball on the long hop

X-Drill
- Focus on your angle to the ball
- Quick first step
- You have the option to move in four different directions
- Pick up the speed and direction of the softball

Glove Transfer
- Quick glove transfer on double plays and relays
- Catch the ball in the palm of your pocket (deflection)
- Rhythm
- Keep your glove and throwing hand inside your shoulder width

Four Corners
- Focus on accuracy
- Lead the receiver in the right direction
- Footwork
- Change directions
- Tag plays

Showtime
- Get comfortable being uncomfortable
- Practice the impossible
- Have fun with it and learn how to control your body
- Challenge your players

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COMPETE: Mindset and challenge EVERYDAY!!!!

Softball is changing every day. Game is growing and getting better all the time, need to stay up with changes in players mentally, physically and socially to get the best out of each athlete. Keep growing, sharing and learning the game.

Keep score in everything – get creative
* Charts, rankings, scoreboards, leader boards, QAB, game cards, incentive cards, evals, etc.
* Use of Technology for measurable – bat speed, launch angles, timed throws, speed, anything you can track
  * Diamond Kinetics, Blast Motion
  * Radar Guns
  * Stop watches
  * Video cameras – iPads, iPhones, projectors, computers

Make practice harder than the game, getting players uncomfortable:
  * Intensity, pace, clock, reward process, create adversity, unfair circumstance, winner/losers
  * Experience failure to learn and grow as a player and person

Challenges – Always working on something – be specific
a. Star Drill
b. Beat the Runner
c. One Pitch scrimmage / One pitch ABs
d. Split the field
e. 21 outs
f. Last man standing
g. Range
h. Short hops – cones
i. Targets – throwing and hitting - visuals
j. Bucket Relays
k. OF cut relay race
l. Target/Obstacle hitting – slappers
m. Knockout
n. PIG

We like to end practices with the team relying on each other challenges – ex: run until partner gets reps, hits, pitches, etc. Strong as your weakest link both mentally and physically. Ideal culture is where they work harder for each other.

OKC Challenge – week long team competition – Strength and conditioning coaches: internet, youtube, twitter, facebook

Preparation/Confidence: Type up practices and let players know exactly what to expect and feel prepared, talk to them about what we are covering and how we will practice for every possible situation. Journal, track, scout, keep everything.
Strength Training Then and Now
- Strength training has been shown to increase performance and decrease injuries

- Why static stretch? What's the research say about this?

Why Warm-Up
- All human movement depends on the kinetic chain and on efficient energy transfer from one segment to the next

The Biggest Energy Leak
- Spondy’s are more prevalent (Soler and Colderon 2000)

- Why?

- High prevalence in extension and rotational athletes

- Proximal stiffness enhances distal mobility and athleticism

- Detail Matters – look at the core (ribs/pelvis) and lumbar spine

Try to Recognize the Hypermobility From the Stiff
- Female population tends to be a little looser

- Learn what hypermobility is and how to recognize it

Why I Avoid Static Stretching
- Making unstable joints more unstable

- Female athletes need to work on owning their center of gravity

- Tightness is not a result of “short muscles” rather it’s a product of compensation patterns and a lack of “good” stiffness

You Warm-Up to Throw Not Throw to Warm-Up
- Be an athlete during your catch play

- Give athletes objectives to focus on

- Being athletic, command, tempo etc.
SESSION: Thursday, January 18, 2018, 9:15AM – 10:00AM: Break-Out #3
TOPIC: Quality At Bats: The Mental Game
PRESENTER: Steve Springer, Performance Coach & Quality At-Bats Founder

– Intro

– Batting Average Is a Trap

– Watch The Pitcher

– Hunt Pitches

– Attack The Inside Part Of The Softball

– Breathe/Heartbeat

– Being a Good Teammate

www.qualityatbats.com/newsletter
www.qualityatbatsacademy.com
@qualityatbats
www.SoftballCoachesClinic.com
SESSION: Saturday, January 20, 2018, 10:30AM – 11:15AM: Break-Out #1
TOPIC: Developing Championship Catchers
PRESENTER: Lindsay Leftwich, Assistant Coach, 2017 WCWS Participant, LSU

1. Role of a Great Catcher

2. Receiving
   a. Stance
   b. Hands
   c. Vision

3. Blocking
   a. Workups
   b. Straight On
   c. Side to Side

4. Throwing
   a. Pivot
   b. Shuffle
   c. Knees

5. Bunts
   a. Body Position Workups
   b. Full Speed
   c. Variety

6. Plays at Plate
   a. Picks
   b. Footwork/Body Position
   c. Fungo/Variety

7. Pop Ups
   a. Workups
   b. Throws
   c. Machines
   d. Fungo

www.SoftballCoachesClinic.com
SESSION: Saturday, January 20, 2018, 10:30AM – 11:15AM: Break-Out #2
TOpic: Swing Tips: Behind in the Count - Mindset and Mechanics
PRESENTER: Kelly Kretschman, First NPF Triple Crown Winner, 3-Time NPF Player of the Year & Olympic Gold Medalist
Sue Enquist, Legendary UCLA Head Coach & NFCA Hall of Famer

1. WHAT DO THE BEST DO?
   a. Standards shared among the great champions.

2. CONDITIONS COACHES NEED TO CREATE FOR SUSTAINED MENTAL SUCCESS
   a. Growing-parental influence
   b. Succeeding-motivated by progress
   c. Sustaining-assess and adjust

3. TRAINING SET
   a. Individual Training
   b. Team Training
   c. Person Fitness

4. GAME DAY PREPARATION
   a. Day of event
   b. Pre-Game
   c. In game-dugout, on deck, in box

5. DISADVANTAGE COUNT-Physical adjustments
   a. Pitch type and stance adjustment
   b. Pitch type hand barrel adjustment
   c. The outside pitch

6. DISADVANTAGE COUNT
   a. Opposing pitcher scouting-Set-ups
   b. Sitting in the disadvantage counts on good days and bad
   c. Failure recovery and inner talk track

7. KELLY’S ON THE HOT SEAT(Q/A)

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The key to managing your pitchers in the game is your preparation

Location, Location, Location
- Must hit location a specific amount of time for strike
  - 3 out of 5 strikes inside then outside
- Pyramid 5,4,3,2,1,
  - Start with 5 in then 5 out continue down to 1

*This can be done with moving pitches also. With moving pitches work one day on location and the next time on just movement

Sequence Pitching
Give them the pitches before they throw
- Must get 2 out of 3 for strikes if they miss the first 2 start over
  - Works on getting ahead of the batter and get one of the first two pitches for a strike
- 3 out of 5 will work on finishing the batter and work on keeping them ahead in the count

Counts
- Start with the extreme counts first like 0-2 then 3-0
- Give them both righty and lefty batters
- With 0-2 practice a good waste pitch followed by a good strike
- Also practice going right after a weak hitter with 0-2

Batters
- Have them throw to pretend batters in different situations
  - Helps them practice throwing to opponent before you face them
- Have pitchers throw live to team’s short game practice
  - They get to see batters standing in without the fear of getting hit by line drives
- Live hitters
  - On field or in cage
  - Take away best pitch
  - Take away side of plate

Pregame Warm-Up
- How to warm up
  - Be ready to enter game vs. getting warm as game goes on
- How long?
- How warm should the relief pitcher be?

When to take the pitcher out and when to keep her in
- Solid contact
- Walks
- Pitch execution
- Pitchers mentality

What do you say to your pitchers during the game?

www.SoftballCoachesClinic.com
1. BUILDING A NEXT GENERATION SOFTBALL PROGRAM
   a. FRAMEWORK MISTAKES (how we set up practice)
      i. Behavior Principles (how we behave system). College Coaches’ two most valued skills
      ii. Technical principles (how we execute system). What do the best do?

   b. TECHNICAL DRILL MISTAKES (Can your players self-correct)

2. TECHNICAL NO-NO #1-NOT TRAINING AT GAME SPEED
   a. Practice layout adjustments-Internal clock & control awareness

3. TECHNICAL NO-NO #2-NO DEFENSE/OFFENSE PROGRESSION
   a. Offense Checklist provided at presentation
   b. Defense Checklist provided at presentation

4. TECHNICAL NO-NO #3-NO SUB STATION-GAME WITHIN THE GAME
   a. Primary and secondary work - 1-2-3 rule

5. TECHNICAL NON-NEGOTIABLES-Watley Ways:
   a. OFFENSE-Short Game-No-No’s #4 and Non-Negotiables
      i. No auto switch with speedsters
      ii. Patience at the plate/having a plan
      iii. Short game & bunting-what’s not happening?
      iv. Hit foul line to-foul-line

   b. DEFENSE-No-No’s #5 and Non-Negotiables
      i. Assessing the feet on the lateral move
      ii. Assessing the feet on the throw
      iii. Footwork makes the dream work-Critical tips
      iv. Be in control

6. TASHA ON THE HOT SEAT (Q/A)

7. PITCH IN FOR SOFTBALL - Bringing our community together

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New generation of athletes – EMBRACE it... Not going to change it... Super smart generation with info access immediately, how can we make that a good thing?

- Want instant results – use measurable
- Want to know why and how – prove it
- Show and feel it – buy in
- Send swings to their phones, iPad, computers
- Video updates – stats, charts, numbers, etc.
- Track progress – Very goal orientated and WANT to be successful

Game has changed - Hitters have more advantages now, need to start using the information available. **Focus on what you are good at, understand and train accordingly.**

Ways to identify and **PROVE** strengths:

  - Measureable – Bat speed, timed, running, launch angle, etc.
    - Stop watch, Blast, Diamond Kinetics, HitTrax,
- **Charts** – individual strike zones, counts, diagram strike zone, have them chart a baseball or softball game on TV
- **Spray charts** – where, what and how they hit different pitches
- **Show them results** – Buy in – Trust the process
- **Pitch selection** – identifying strengths pitch selection for optimal results
- **Journal** – at bats lots of live at bats at practices, feedback

**Game plan:** Need to know what you are better at and put yourself in the best position to be successful. Need to know strengths and weaknesses and use them effectively. Get to know your personnel and get them to understand and know each other as well.

**Mindset:** Love being the underdog – turn negative into positives – rally behind - play for someone other than themselves. Know your personnel NOT everything can be done, Know your team and their personalities, everyone is different and every team is different

**Prepare:** Make sure players feel prepared for every possible situation. Difference between excited and nervous is preparation.

**Leadership/Team building:** – TRUST, respect, loyalty, BUY IN
Compete in everything we do ALL the time – Make them uncomfortable at practice.
Get them working together to complete a task – teambuilding activities to target who leaders are.
Leadership survey that team completes – Have to communicate and let them know

**Skills/talent:**
- Best pitches to hit – who is good inside, outside, low, high, etc.
- Scout opponents and put team in best position to score
- Keep score in everything QAB, Rankings, 1 v 1

www.SoftballCoachesClinic.com
**SESSION:** Saturday, January 20, 2018, 11:25AM – 12:10PM: Break-Out #3  
**TOPIC:** *The Necessary 9 for Pitching: 9 Drills to Increase Speed, Stamina, Efficiency and Command*  
**PRESENTER:** Denise Davis, Founder of Planet Fastpitch & Youth Pitching Expert

<table>
<thead>
<tr>
<th>NEC-9: APPLICATIONS</th>
<th>NOTES:</th>
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<tbody>
<tr>
<td>• Education</td>
<td>• Corrections</td>
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<tr>
<td>• Training</td>
<td>• Pre-Game Warmups</td>
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<thead>
<tr>
<th>#1 THE WATER BOTTLE DRILL</th>
<th>NOTES:</th>
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<tbody>
<tr>
<td>• Correct arm position</td>
<td>• Sequential throwing pattern</td>
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<tr>
<td>• Angular velocity</td>
<td>• Instant feedback</td>
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<tr>
<th>#2 THE LONG TOSS LADDER DRILL</th>
<th>NOTES:</th>
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<tbody>
<tr>
<td>• Launch angle</td>
<td>• Ground up gear alignment</td>
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<tr>
<td>• Builds strength</td>
<td>• Prevents overthrowing</td>
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<tr>
<th>#3 THE THREE-BALL DRILL</th>
<th>NOTES:</th>
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<tbody>
<tr>
<td>• Emphasizes balance &amp; efficiency</td>
<td>• Metronome for timing</td>
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<tr>
<td>• Deception of alternate pitches</td>
<td>• Speed/accuracy/endurance</td>
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<tr>
<th>#4 THE SKATER DRILL</th>
<th>NOTES:</th>
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<tbody>
<tr>
<td>• Balanced athletic development</td>
<td>• Lateral power/leg strength</td>
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<tr>
<td>• Controlled aggression</td>
<td>• Streamlines movement</td>
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<tr>
<th>#5 MED BALL/GOLF SWING DRILL</th>
<th>NOTES:</th>
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<tbody>
<tr>
<td>• Hip mobility</td>
<td>• Rotational strength &amp; speed</td>
</tr>
<tr>
<td>• Front side resistance</td>
<td>• Breathing patterns</td>
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<tr>
<th>#6 THE HI-YA DRILL</th>
<th>NOTES:</th>
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<tbody>
<tr>
<td>• Slow to fast</td>
<td>• Explosive finish</td>
</tr>
<tr>
<td>• Releases tension</td>
<td>• Simple attacking mindset</td>
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<tr>
<th>#7 1, 2, 3, 4, 5, PITCH!</th>
<th>NOTES:</th>
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<tbody>
<tr>
<td>• Cadence development</td>
<td>• Strength &amp; conditioning</td>
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<tr>
<td>• Assess balance thru movement</td>
<td>• Platform to compare all pitches</td>
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<tr>
<th>#8 THE JUMP DRILL</th>
<th>NOTES:</th>
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<tbody>
<tr>
<td>• Strengthens motion start</td>
<td>• Trains an attacking posture</td>
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<tr>
<td>• Generates ground force power</td>
<td>• Triggers use of hips &amp; glutes</td>
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<tr>
<th>#9 TRIPLE FLEX STARTS</th>
<th>NOTES:</th>
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<tr>
<td>• Triple flexion to triple extension</td>
<td>• Sprinter start training</td>
</tr>
<tr>
<td>• Shin angle flexibility</td>
<td>• Motion start efficiency</td>
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DENISE@PLANETFASTPITCH.COM   WWW.PLANETFASTPITCH.COM   508.278.7999
www.SoftballCoachesClinic.com
SESSION: Saturday, January 20, 2018, 12:30PM – 1:00PM: Break-Out #1
TOPIC: College Recruiting Question & Answer Session for Coaches, Parents & Players
PRESENTER: Lisa Van Ackeren, Head Softball Coach, Princeton University
Danielle Henderson, UMass Lowell Head Softball Coach & Olympic Gold Medalist
Lindsay Leftwich, Assistant Coach, 2017 WCWS Participant, LSU
Bridget Orchard, Head Softball Coach, Fordham University

NOTES

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SESSION: Saturday, January 20, 2018, 1:15PM – 2:15PM: Break-Out #2
TOPIC: Building Confidence in Pitchers
PRESENTER: Lisa Van Ackeren, Head Softball Coach, Princeton University

- **Foundation For Confidence is Great Fastball Mechanics**
  - You can throw strikes
  - You can break pitches
  - You can evaluate yourself/You can make in-game adjustments pitch to pitch

- **Drillwork That Counts**
  - Smooth accurate arm circle
    - one knee, double circle
    - weighted ball
  - Upper body and lower body working together
    - Timing progression
    - Backpedal to pitch
    - Walk-jog-run thru

- **Do What You Say You’re Going to Do**
  - Set process goals – keep your promises made to yourself
    - Pitcher journals
    - Stats that keep us focused

- **Carry Yourself Like a Boss**
  - A great handshake
  - Body language tells hitters where they stand

Confidence on the field can translate to confidence in life.
The focus is to increase fielding fundamentals and improve first step and reaction to the ball.

**Infield Drills**

1. Roll ground balls with throws
   a. Line at short stop, 1 receiver at short 1b
   b. 2 lines
      i. 3b – 2b
      ii. 3b – 1b (have person moving to inside of bag to receive throw)
2. Get up and throw from dive
3. Staying low side to side reaction
   a. Reaction with lite flights
   b. Roll balls
4. Ladders
   a. Agilitites thru ladder then roll ground ball
   b. Fielding rolled ground ball while doing agility
   c. Sideways thru the ladder, drop ball then they must react forward without false step
5. Corners/pitchers reaction drills
   a. Knees w/ paddle
   b. Knees w/ glove
   c. Standing with glove
   d. Lite flights
   e. Tennis balls
6. Bad throws for 1b
   a. Hit balls to 1b
7. Middles
   a. Double play footwork (paddles)
   b. 1st step to the ball
      i. Step over cone

**Outfield Drills**

1. Ladder drills
   a. Can do agilities both forward and backward
   b. Be sure to set feet before drop stepping
2. Cone drills
3. Garbage can
   a. Gives target to help keep throws down
4. Real ladder
   a. Coach will stand on ladder and drop Fly ball instead of throwing it
5. Soccer Ball on tee
   a. Teaches sprinting to the ball rather than drift
   b. Practice finding the wall
6. Half Moon
   a. Set up cones in shape of half moon and point to the spot you want them to go before tossing ball
7. 2 man communication with wall

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NEXT GENERATION PRACTICE PLANS-Increase player engagement

1. Fight practice boredom-How to Establish high accountability

2. Practice progression efficiency: How to measure the little things

3. Build a player coach mindset with your players (put them in charge)

4. Create mentor/accountability at practice/games

5. Establish team mindset protocols
   i. What do we value? How do we measure it?
   ii. How will we hold each other accountable?
   iii. Where will we help each other get better?

6. Practice framework
   i. Warm up- Process to use in changing expectations
   ii. PPF’s- Designate new ‘assistant coaches’
   iii. Position Play – Who’s the QB?
   iv. Game day situations- Horizontal Mentorship
   v. AAR-After action review-Daily circle of confidence

7. Tasha Hot Seat (QA)

8. Tasha’s Girls-Game Changer Call-to-Action

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SESSION: Saturday, January 20, 2018, 2:30PM – 3:15PM: Break-Out #3
TOPIC: Overhand Throwing: Drills, Drills, Drills
PRESENTER: Lindsay Leftwich, Assistant Coach, 2017 WCWS Participant, LSU

1. The Forgotten Skill
   a. Entry Level Throwers
   b. Injuries over time
   c. Coach It – Don’t forget about it

2. What a Great Throwing Patterns Look Like
   a. Baseball
   b. Softball
   c. Speeds

3. Throwing Breakdown
   a. Work Ups
   b. Spinners
   c. Big Balls
   d. Front Arm
   e. Timing
   f. Lead Leg Stability
   g. Mound Work
   h. On The Run/Arm Angles
   i. Crow Hops

4. Creating Great Arm Patterns
   a. Overload/Underload
   b. Plyo Care
   c. Long Toss
   d. Measure IT! / Set Goals

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1. WHY IT’S IMPORTANT TO UNDERSTAND COMBINE RESULTS
   a. 3 Vital criteria to consider when VERIFYING testing protocols
      i. Traps-What do you need to know?
      ii. Collection-What are the standards?
      iii. Dissemination to attendees-Explain the process
      iv. Deliver to college-What the college coaches can’t tell you
      v. The Parent Conversation

2. WHAT ARE THE SMART QUESTIONS TO ASK IF YOU ATTEND A COMBINE?
   a. 3 danger signs the combine company is not being honest
   b. Predictive Data? What is it? Do they have it?

3. COLLEGE & YOUTH COMBINE RESULTS (INCLUDING SLAPPER NUMBERS)
   a. Youth and College Offense Metrics given at presentation
   b. Youth and College Defense Metrics given at presentation
   c. Youth and College Speed/Agility Metrics given at presentation

4. PRACTICE FRAMEWORK: DRILLS TO IMPROVE
   a. Speed: Foot speed-show video
   b. Speed: First step-show video
   c. Speed: Agility-show video
   d. Strength-show video
      i. Wrist/Forearm
      ii. Core
      iii. Legs

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To build the championship team, you must train your players on the fundamentals of defensive mechanics and teach them what to do in the game. As a coach, you cannot assume that your player knows what to do in situations!

**The Fundamentals**

- Teach the player the correct drills so they master the details of fundamentals of defense before we get to the field.
  
  1. Throwing footwork & mechanics
  2. Teaching how to be aggressive to the ball – “Charge it”
  3. How to have quick hands - short hops, back hands, forehands
  4. The drop step
  5. Run down drills

**Bring the Drill to the Field**

- Infield – Outfield Jurisdiction
- Do or die in the Play
- Bunt Defense – are all of your 9 players moving???
- Slap Defense
- The need to train the general on the field – Your Cather
- Fence drill

**Game Ready! Bring it all together**

- Does your team have a defensive IQ? Must train your players about situational work. "What the score drill"
- The top defensive situations all teams must know (hand out)
- Game day … teach them - don’t scream at them.
Strength Training Then and Now
  - Strength training has been shown to increase performance and decrease injuries

  - Why static stretch? What's the research say about this?

Why Warm-Up
  - All human movement depends on the kinetic chain and on efficient energy transfer from one segment to the next

The Biggest Energy Leak
  - Spondy’s are more prevalent (Soler and Colderon 2000)

  - Why?
  
    - High prevalence in extension and rotational athletes
  
    - Proximal stiffness enhances distal mobility and athleticism
  
    - Detail Matters – look at the core (ribs/pelvis) and lumbar spine

Try to Recognize the Hypermobile From the Stiff
  - Female population tends to be a little looser

  - Learn what hypermobility is and how to recognize it

Why I Avoid Static Stretching
  - Making unstable joints more unstable

  - Female athletes need to work on owning their center of gravity

  - Tightness is not a result of “short muscles” rather it’s a product of compensation patterns and a lack of “good” stiffness

You Warm-Up to Throw Not Throw to Warm-Up
  - Be an athlete during your catch play

  - Give athletes objectives to focus on

  - Being athletic, command, tempo etc.

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WHY?
- Increase the odds of a hard hit ball
- Increase the odds of getting a hit
- Increase the odds of getting on base
- Increase scoring runs

HOW TO APPLY PITCH SELECTION
- Know Your strengths and weaknesses
- Swing at strikes, take balls
- Counts where you are in control: 0-0, 0-1, 1-0, 1-1, 2-0, 2-1, 3-0, 3-1
- Make the pitcher work
- Hit the mistake
- Have a game plan before the at bat and stick to it

HOW TO PRACTICE PITCH SELECTION
- PRACTICE – challenges, consequences, immediate feedback
- CHART!! – video, journal, log, track success/failure
- Pitch selection games
- Use colored plates, hit the mistake

GOALS
- Increase the pitchers pitch count
  o More likely to make a mistake
  o Marginal/pitchers pitches vs. hitters pitches
- Walk : Strikeout Ratio at least a 1:1
  o More pitches thrown more batters seen
  o Numbers most successful teams BB/K = baserunners = runs = wins
- Increase Baserunners
  o Increase the opportunities to score
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