

GROUP / TEAM INSTRUCTION WITH COACH WAJDA

My team sessions have been developed to give teams, and their coaches, age and skill appropriate instruction, drills, and feedback in a practice environment.

The goal of these sessions is to provide hands on coaching to all players in a given functional area of the game and to provide the coaches feedback and drills that can be used all season long to improve the team. Functional areas include:

Hitting, Pitching, Infield/Outfield, Catching, or Base running

All sessions are developed based on the head coach's requests and approved by the coach prior to the session to ensure that the session meets expectations.

What do the players get?

- *Proven coaching in a functional area in terms they can understand.*
- *Fun drill work that drives fundamental mastery of the selected phase of the game.*
- *Feedback on areas of improvement and recommendations on drills to get them there.*
- *An opportunity to use what they learned in a fun, competitive environment at the end of the session.*

What do the coaches get?

- *A practice plan developed to address the areas they feel would best benefit their team, that employs proven techniques and drills to increase performance in the given area.*
- *Hands on experience on running the drills in the proper manner, and instruction in what to look for during the drill to provide coaching to the players.*
- *The opportunity to not only understand how the aspect of the game is done, but understand why the “how” is important.*

Session Fee: \$100 / 1.5 hr. session (Team provides the venue)

What to expect prior to session:

- Head Coach discusses the topic and expectations of the session with Matt.
- Matt develops a specific plan; sends to Coach for approval
- Coach approves or requests changes; plan is finalized.

Contact Info:

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Coach Wajda was a three year starter at Ohio State, won a Big-Ten championship, and was selected 1st team All Big-Ten in 1991. He has over 9 years of successful coaching experience, both professionally and voluntary, with players ages 8 thru high school