



San Ramon Valley Girls Athletic League

2010 Coaches Clinic

March 13-14, 2010

1) Introduction

- a) Participants
- b) Clinic Format
- c) Booklet / Coaches Manual
- d) No one universally accepted way for any skill
- e) Coaches Code of Conduct
- f) Parent's Code of Conduct
- g) Rules – ASA supplemented by SRVGAL Modifications
- h) Know the Rules – Rules Matrix

2) Individual Skills

- a) Hitting
- b) Throwing
- c) Catching and Fielding

3) Team Organization

- a) Practice Format
- b) Practice Planning
- c) Practice Topics
- d) Coaching your own child

4) Skills Demonstration

- a) Bunting
- b) Base Running

5) Team Skills

- a) Bunt Coverages
- b) Run downs
- c) 1st and 3rd situations
- d) Runner at 3rd with less than two outs
- e) Pick-offs
- f) Relay / Cut-offs

6) Open Questions