

Baseball Queensland
Coach Accreditation Workshop
Level 3 and Level 4 Coach Accreditation Candidates

Sunday 16 September 2018
Allstars Baseball Club
Bannister Park, Gerler Rd. Hendra
9:00am – 4:45pm

CONTENT

PRESENTER

9:00 am	Workshop overview, housekeeping and introductions.	Gareth Jones
9:15 am	Warm Up Routines, Sprint Mechanics and Drills, Speed and Agility.	Mikala Roberts
10:00 am	Life Time Athletic Development Strength and Conditioning – 7 streams	Mikala Roberts
11:00am	Pitching – Mechanics and prescribed activities, Bullpens and approach.	Gareth Jones
12:30pm	Lunch	
1:00pm	Infield – 6 F's, positioning, prescribed activities.	Gareth Jones
2:00pm	Hitting – Four Bases Approach to Developing Elite Hitters	David Nilsson
4:00pm	Outfield and baserunning	Gareth Jones
4:45pm	Conclusion	

Candidates are encouraged to bring their own sunscreen, glove, hat and drink bottle.

Please note no assessment will be conducted at this workshop. For details on assessment please visit:

<http://qld.baseball.com.au/Resources/Coaches/Coach-Accreditation>

To RSVP for this workshop please complete the form available from this link:

<https://www.surveymonkey.com/r/9LJDYPY>

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