



# South Farmington Baseball Inc.

and

# TOTAL Baseball

"Home of Youth Baseball"

Present

## Free Player Camps and Free Coach Clinics

**Sponsored by SFBI**

**\*\*Only for SFBI players and coaches\*\***

**Coach Clinics: April 9 and 10, 2005**

**Player Camps: April 30 & May 1, 2005**

Location: Total Baseball Indoor Facility  
30990 Wixom Road  
Wixom, Michigan  
248-668-0166

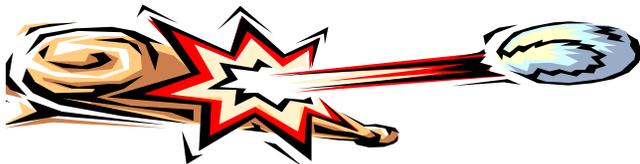
Three levels of baseball instruction:

Level 1 - Tee Ball and 8U

Level 2 - 10U and 12U

Level 3 - 14U, 16U, 18U & Travel

Player and coach programs conducted by  
Total Baseball Professional Instructors



## Tee Ball/Baseball 8U

Tee Ball and 8U Coaches:

Sun, April 10, 9am-12pm

Tee Ball Players: Sat, April 30, 9am-11am

8U Players: Sun, May 1, 9am-12pm

### Fundamental breakdown:

Player Camp: 40 minute sessions, with separate stations within

Coach Clinic: 25 minute sessions

**Fielding** - Entry level. Show stances of proper fielding mechanics. Illustrate drills appropriate for 6-8 yr. olds. Use terms that associate with pictures (ex. A gator's mouth, then close the mouth). Coaches participate in drills.

**Hitting** - Show proper grip, proper stance at the plate, where to line up at the plate. Cover the basics of hitting in 3 simple points. Use trigger phrases for proper stances (ex. Hold an umbrella up for the bat position). Try to develop a standard of hitting throughout the organization that can be carried up through the ranks. Overview of hitting mechanics for player's clinic, then constant swinging. Coaches participate in drills.

**Throwing** - Show 4 simple steps to the arm motion. 3 simple steps in the overall throw. Show drills to help with accuracy and long arm motion. Run players through throwing drills.

**Practice / Game Organization** - Biggest session for this group. Teach how to use line formations, simple & quick drills, safety procedures, parent involvement, game time organization and preparation. Show a lot of developmental practice games and drills.

## South Farmington Baseball Inc and Total Baseball 2005 Player Camp/Coach Clinic Registration Form

**Please note: One registration form must be completed for each player or coach attending a camp or clinic.**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Alternate Phone: \_\_\_\_\_

email: \_\_\_\_\_

### Baseball Player Camp -

Check only **one** box:

- Tee Ball
- 8U
- 10U/12U
- 14U/16U/18U/Travel

**Baseball Coach Clinic** - Register for the highest age level if you coach in multiple leagues.

Check only **one** box:

- Tee Ball/8U
- 10U/12U
- 14U/16U/18U/Travel

### Registration Deadline: April 8, 2005

SFBI must receive this registration form by April 8, 2005 for a player or coach to participate in a camp or clinic.

**Mail To: SFBI Baseball Camp/Clinic**  
34185 State Street  
Farmington MI 48335

### Questions:

Contact Jim Bussell, SFBI Baseball Commissioner,  
248-471-2242 or bussellbaseball@prodigy.net

Cut Here, Complete and Mail Form

Registration Closed

# South Farmington Baseball Inc.

and



"Home of Youth Baseball"

## 2005 Player Camps and Coach Clinics

## Registration Form

**Mail To:**

**SFBI Baseball Camp/Clinic  
34185 State Street  
Farmington, MI 48335**

### **Baseball 10U/12U**

**Coaches: Sun, April 10, 12pm–3pm  
Players: Sun, May 1, 1pm–5pm**

#### **Fundamental Breakdown:**

Player Camp: 50 minute stations, with individual groups  
Coach Clinic: 40 minute sessions

**Fielding** - Show stances of proper fielding mechanics. Illustrate drills appropriate for 9-12 yr. olds. Show switching of the feet. Double play situations. Speed drills with hands & feet. Coaches participate in drills.

**Hitting** - Show proper grip, proper stance at the plate, where to line up at the plate. Cover the basics of hitting in 4 simple points. Eye, hand and contact with the ball coordination skills will be presented. Tracking balls across the plate. Driving balls on the inside and outside part of the plate. How to properly use tees. Soft toss drills. Try to develop a standard of hitting throughout the organization that can be carried up through the ranks. Coaches participate in drills.

**Throwing / Pitching** - Show 4 simple steps to the arm motion. 3 simple steps in the overall throw. Over view of the proper pitching mechanics. Fastball & change-up grips. Pick offs moves to 1<sup>st</sup> & 2<sup>nd</sup> base. Cover how to preserve arm strength and proper care of player's arms. Show drills to help with accuracy and long arm motion.

**Practice / Game Organization** - Safety procedures, parent involvement, game time organization and preparation, practice time management, player development, stealing, and signs.

### **Baseball 14U/16U/18U/Travel**

**Coaches: Sat, April 9, 9am–1pm  
Players: Sat, April 30, 12pm–5pm**

#### **Fundamental Breakdown:**

Player Camp: 30 – 40 minute stations  
Coach Clinic: 50 minute sessions, with a 20 minute question & answer period

**Fielding** - Stances of proper fielding mechanics. Drills appropriate for 13-16 yr. olds. Show switching of the feet. Cut-off relays. Holding runners on base. Double play situations. Speed drills with hands & feet. Coaches participate in drills.

**Baserunning** - Proper lead offs, starts, rounding of bags and more. Proper mechanics of running from Home to 1<sup>st</sup>, First to 2<sup>nd</sup>, Second to home.

**Hitting** - Proper grip, proper stance at the plate, where to line up at the plate. Basics of hitting in 5 simple points. Eye, hand and contact with the ball coordination skills will be presented. Tracking balls across the plate. Driving balls on the inside and outside part of the plate. How to properly use tees. Soft toss drills. Hit & Run procedures. Try to develop a standard of hitting throughout the organization that can be carried up through the ranks. Coaches participate in drills.

**Throwing / Pitching** - Show 5 simple steps to the arm motion. 3 simple steps in the overall throw. Detailed description of the proper pitching mechanics. Intense conditioning drills. Fastball, change-up and curve ball grips. Pick offs moves to all bases. Cover how to preserve arm strength and proper care of player's arms. Show drills to help with accuracy and long arm motion.

**Practice / Game Organization** - Safety procedures, parent involvement, game time organization and preparation, practice time management, player development, pickoff plays, stealing, and signs.