



## **Major League Baseball and Little League Baseball Team Up to Host Coaches Clinic**

Major League Baseball and Little League Baseball, with the help and support of C.E.B., are hosting their second-annual MLB / LLB Coaches Clinic in Kutno, Poland from October 26 – 28. The clinic will take place over three days at the Little League Baseball European Leadership Training Centre, one of the finest baseball facilities in Europe.

The sessions will be run by MLB and European coaches, including Pat Doyle (MLB Envoy Program), Bill Holmberg (Italian Baseball Academy), Martin Brunner (Regensburg Baseball Academy) and Jason Holowaty (MLB London). Topics covered will include:

- Pitching
- Hitting
- Infield play
- Base running
- Strength and conditioning
- The basics of being a coach
- Organizing an effective practice
- And much more!

A schedule outline of the sessions is provided below.

Visiting coaches to the clinic will be provided with meals and accommodation at the complex, courtesy of Little League Baseball.

For more information contact Beata Kaszuba, Little League Baseball's European Region Director:

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*Participants at the 2006 MLB / LLB Coaches Clinic*

## **Clinic Schedule (subject to change)**

### Friday, October 26

20:00 – 22:00 Clinic introduction – question and answer session.

### Saturday, October 27

7:30 – 8:30 Breakfast

8:45 – 10:15 Morning seminar

10:30 – 11:10 Field presentation #1: skills & drills

11:15 – 11:50 Field presentation #2

11:55 – 12:35 Field presentation #3

12:40 – 13:20 Lunch

13:30 – 13:40 Afternoon introduction

13:45 – 14:20 Field session #1

14:25 – 15:05 Field session #2

15:10 – 15:50 Field session #3

16:00 – 17:00 Session review – questions & discussion

19:00 Dinner – informal workshop after meal

### Sunday, October 28

7:30 – 8:30 Breakfast

8:45 – 9:30 Morning session/clinic presentation

9:45 – 11:45 Field sessions

11:45 – 12:30 Session review and farewells