

THE COLLABORATIVE COACHING SERIES

presented by Sarah Shotton

Designed to provide an interactive, hands-on learning environment for coaches of all levels. These sessions will provide you with not only technical skills, but the opportunity to connect with a larger coaching community.

OFFENCE 101

- overall "how to"
- breaking down your athletes swing
- drills and their purposes
- buntings basics

DEFENCE 101

- overall "how to"
- general footwork for infield and outfield
- drills and their purposes
- position-specific skills

CATCHING 101

- overall "how to"
- pre-pitch setup, framing and blocking
- drills and their purposes
- throw downs & pickoffs

PITCHING 101

- overall "how to"
- breaking down your athletes pitch
- drills and their purposes
- throwing different spins

Catching and slapping sessions will be run by alternate facilitators with expertise in those areas. Session spaces are limited.

To register, or for more information, please email: sarah.shotton@hotmail.com

THE DETAILS

DATES & TIMES

Session #1
Offence (Hitting)
October 23rd, 10-12 PM

Session #2
Pitching & Catching
October 30th, 10-12 PM

Session #3
Defence (In & Out)
November 5th, 6-8:30 PM

COST

One session - \$25
Two sessions - \$40
Three sessions - \$55

LOCATION

All sessions will be held at the Sport Manitoba facility, located at 145 Pacific Avenue.

PARKING

To access the parkade, please enter on the Alexander Ave. side of the building.

Street parking is free in the evenings and for the first two hours on Saturdays.

Payments to be made via cash or e-transfer prior to October 22nd.

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