



Coaches Clinic – 18th to 20th November

Overview

As part of Baseball Ireland's focus on supporting and developing our coaching expertise in Ireland, we are delighted to invite all coaches and players to participate in this comprehensive programme of training with three exceptional coaches with a combined experience of 129 years!

Where – StrikeZone, Dublin

When – Friday 18th to Sunday 20th November

Who – For all coaches and players to learn more about the game and how to coach it*

* We welcome young players to participate, but please note this training programme will be a mix of theory and practical. Based on this, we recommend a minimum age of 15.

Summary and costs

Friday 18 th	6 to 9pm	Throwing and Mental Game	€30
Saturday 19 th	10 to 12 noon	Coaching Pitching	€20
	1 to 5.30pm	Practice Organisation and Drills	€40
Sunday 20 th	12 to 2pm	Coaching Hitting	€20
	3 to 5pm	Biomechanics Team Culture and Coaching Philosophy	€20

All 5 sessions for €100

More information and booking at

<https://www.klubfunder.com/Clubs/Baseball%20Ireland/EventRegistration#EventRegistrationOptions>



Detailed Programme

StrikeZone - Dublin 2022						
Day	Time		Area	Speaker	Topic	
Friday	18/11				Registration	
S1	18:00 - 18:15	15 min	Gym	Clinic Leader	Opening Remarks	
	18:15 - 19:00	60 min	Gym	Brent Strom	Basic Throwing Practice and Principles	
	19:05 - 20:00	60 min	Gym	John Casey	The Mental Game of Baseball	
	20:00 - 20:30	30min	Gym	Tom O'Connell	The ABCA and European Baseball	
	20:30 - 9:00	30min	Full Area	Roam, Chat, Meet	Social	
Saturday	19/11	9:00			Registration	
S3	10:00 - 11:00	60 min	The Edge	Brent Strom	Coaching Pitching	
	11:05 - 12:00	60 min	Full Area	Brent Strom	Pitching Practice Practical	
	12:00 - 13:00	60 min			Lunch Break	
S5	13:00 - 13:45	45 min	Gym	Tom O'Connell	Practice Organization	
S6	13:45 - 14:30	45min	Edge	John Casey	Drills to Teach Skills	
S7	14:30 - 15:30	60 min	Open Full Area	Tom O'Connell	Using Games to Teach Baseball Skills	
	15:30 - 15:45	15 min			Break	
S8	15:45 - 16:45	60 min		John Casey	Baserunning	
S9	16:45 - 17:30	45min	Gym	All Staff	Hot Stove Q & A Session	
	20:30		Restaurant		Dinner	
Sunday	20/11	8:30			Registration	
S10	12:00 - 13:00	55 min	Edge	John Casey	Coaching Hitting	
S11	13:00 - 14:00	55 min	Full Area	John Casey	Hitting Practical	
	14:00 - 15:00	60min			Break	
S12	15:00 - 16:00	45min		Brent Strom	Basic biomechanics to know youre looking at	
S13	16:05 - 17:00	55 min	Gym	Tom O'Connell	Team Culture and Coaching Philosoxy	



Coach Bios

Coach Tom O'Connell was the first high school coach ever elected President of the American Baseball Coaches Association (ABCA). He recently retired after 51 years of coaching baseball, including 31 years at Pulaski High School in Milwaukee where his teams won more games than any sport in the school's history. He has been an envoy coach for ISG Baseball for 20 years, taking him throughout the world, including Germany where he was lead Envoy Coach for MLB and scout for the Dodgers, Reds, Phillies and Orioles. He is President of ISG Baseball and author of three baseball books, including one of the top selling handbooks "Coaching Baseball: Techniques and Tactics".



Coach Brent Strom is a former Major League Baseball (MLB) pitcher with New York Mets, Cleveland and San Diego and current pitching coach for the Arizona Diamondbacks. He previously coached at major league organizations Houston Astros, KC Royal's and St. Louis Cardinal's. He has close to 40 years of coaching experience, including minor league coaching with the LA Dodgers, San Diego, and Montreal/Washington organizations. He holds the distinction of being just the second person ever to have Tommy John surgery. He is a member of the ISG Baseball for 17 years.



Coach John Casey is one of the most respected leaders in college baseball. He is currently pitching coach at Johnson & Wales University and formally he was head coach at Tufts University for 38 years, one of the best teams in New England. Former President and Hall of Fame inductee at the American Baseball Coaches Association (ABCA), he has coached many players who have gone on to play Major League Baseball.

