



First Annual Michael Barrett Baseball Clinic

Victory Lane Sports Park

Sunday FEBRUARY 11, 2007 – 9:00am to 5:00pm



Michael Barrett of the **Chicago Cubs** and **Barrett Baseball** will be holding a 1 day baseball clinic for baseball **Players** ages 10 through 16 and **Coaches** (all youth levels, school, club ball & Little League) on Sunday February 11th at **Victory Lane Sports Park**. Portions of the baseball camp proceeds will go to The Michael Barrett Foundation.

This will be a great opportunity for local youth baseball players, team managers and coaches to be exposed to new and innovative techniques, drills, training routines, coaching philosophies and very useful baseball information. You will be on the move all day ... lots of stations and activities ... learning new things as a player or coach.

There will be a comprehensive **3 hour morning session** covering hitting, team drills, speed and agility. A **3 hour afternoon session** will follow and cover catching, coaching and conditioning. If you sign up for both sessions a free 1 hour coaching clinic is included from 4pm – 5pm !

Sunday Morning Session (9am - 1pm)

Hitting Skills / Team Drills / Speed & Agility * **\$ 75.00 each**

Sunday Afternoon Session (1pm - 5pm)

Catching / Coaching / Conditioning * **\$ 75.00 each**

***The Chicago Cubs Strength Coach will be on hand to provide Conditioning, Agility & Strength instruction.**

See the 2nd page agenda for the camp schedule !

Sunday February 11th:

- **\$75 / Per Session (player or coach)**
- **\$150 / All Day (player or coach)**
- **Free 1hr. coaching clinic for parents whose child attends all day (4-5pm)**
- **Bring a lunch or eat at Victory Lane concessions & grill**
- **Proceeds go to the Barrett Baseball Foundation !**

8-9am - Registration

9-10am – Speed & Agility (Tim Buss-Strength coach for the Chicago Cubs)

- Gatorade – Nutrition/Hydration Talk
- Foot Speed & Reaction Drills
- Over Speed & Resistance Work
- Proper Base Running Techniques

10-11am – Hitting/Team Drills – will include:

- Basic Fundamentals
- Over speed & resistance work while using bungee cords/leg weights etc.

11-12am – Team Drills/Hitting – will include:

- Throwing – proper mechanics
- Cut offs/relays/box drills etc.
- Mix in bungee workout with over speed & resistance

12-1pm (Lunch Hour) – Bring Lunch or Eat At The Park

1-4pm Catching Afternoon:

Catching Specific Drills (Need to Bring Catchers Gear!)

1-2pm – Conditioning – will include Dynamic warm-up

1:30-2:15pm – Receiving Drills

2:15-3pm – Blocking Drills (incorporating overtraining/bungee/resistance)

3-3:45pm – Throwing/Pop-ups

4-5pm – Coaching Clinic :

- How to coach Catchers / a working relationship / handling pitcher-catcher

Check out details and register for the Feb. 11th Michael Barrett Baseball Clinic at :

www.playvictorylane.com/barrett_camp.html **or** www.azbaseballnetwork.com/pages/campsclinics.html



Victory Lane Sports Park 22603 N. 43rd Avenue Glendale, AZ 85310 623-581-6000
(south of Pinnacle Peak Road on 43rd Ave.) www.playvictorylane.com