

# Schedule ISG/DBV Baseball Clinic 2024



**ISG BASEBALL**  
Making baseball better ... one coach at a time

**Location: Cologne Sports University**

## Friday, 26 January

Time	Speaker	Topic	Venue
18:15	Tom O´Connell	Begrüßung/Welcome	Hörsaal 2
18:30-19:15	Bill Decker	Infield Play	Hörsaal 2
19:30-20:15	Vaughn Robinson	Movement skills – (pitching, hitting mechanics warm up/training)	Hörsaal 2
20:30-21:15	Clemens Cichocki	Armcare	Hörsaal 2

## Saturday, 27 January

Time	Speaker	Topic	Venue
09:00-09:45	TBD	TBD	Hörsaal 2
10:00-10:45	Alex Baham	Right approach during an at-bat	Hörsaal 2
11:15-12:00	Vaughn Robinson	Practice Design (Infield, Pitching, Hitting, Receiving)	Hörsaal 2
12:15-13:00	Bill Decker	Baserunning	Hörsaal 2
13:00-14:00	Mittagessen / Lunch		
14:00-14:45	Nada	Anti-Doping	Hörsaal 2
15:00-15:45	Nada	Anti-Doping	Hörsaal 2
16:15-17:00	Clemens Cichocki	5 Punkte für die Entwicklung eines erfolgreichen Nachwuchsprogrammes	Hörsaal 2
17:15-18:00	NM-Coaches	Nationaltrainer-“Sprechstunde”	Hörsaal 2
18:30-19:30	Alle	Hot Stove	Hörsaal 2
			Hörsaal 2

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## Sunday, 28 January

Time	Speaker	Topic	Venue
09:00-09:45	Alex Baham	Examples of hitting drills and their meaning behind it	Hörsaal 2
10:00-10:45	Tom O'Connell	A Constraint Led Approach to Coaching Baseball	Hörsaal 2
11:15-12:00	Vaughn Robinson	Progression/regression of drills (maybe a round table where coaches provide drills and we could discuss of to refine, progress/regress)	Hörsaal 2
12:15-13:00	Bill Decker	Team Defense	Hörsaal 2
13:00-14:00	Mittagessen/Lunch		
14:00-14:45	Georg Bull	Mentale Vorbereitung	Hörsaal 2
15:00-15:45	Tom or Bill	TBD	Hörsaal 2
16:00	Tom O'Connell	Farewell	Hörsaal 2