



# Schedule DBV Softball Clinic 2024

**Location: Cologne Sports University**  
**Saturday, 27 January**

<b>Time</b>	<b>Speaker</b>	<b>Topic</b>	<b>Venue</b>
09:00-09:45	Michael Bastian	Fundamentals Pitching	Hörsaal 3
10:00-10:45	Monti van Brunt	Fundamentals Hitting	Hörsaal 3
11:15-12:00	Claudia Volkmann	Warm Up und Softball spezifische Kraftgrundlagen	Halle 09
12:15-13:00	Michael Bastian	Fundamentals Overthrow	Halle 09
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	Monti van Brunt	Different types of hitting in softball	Halle 09
17:15-18:00	NM-Coaches	"Sprechstunde"	Hörsaal 2

**Sunday, 28 January**

<b>Time</b>	<b>Speaker</b>	<b>Topic</b>	<b>Venue</b>
09:30-10:15	Monti van Brunt	Long Ball or Line drive	Hörsaal 3
10:30-11:15	Michael Bastian	Teaching Pitching for young Softball Player -> what are the Important Skills	Hörsaal 3
11:45-12:30	Christina und Udo Dehmel	Footwork	Halle 09
12:30-13:30	Mittagessen/Lunch		
13:30-14:30	Monti van Brunt	Drills, drills, drills	Halle 09
14:45-15:45	Michael Bastian	Building Speed in Pitching	Halle 09
16:00		Farewell	Halle 09