

Schedule DBV Softball Clinic 2025



Sport- und Seminarcenter Radevormwald

Saturday, 25 January

Time	Speaker	Topic	Venue*
09:00-09:05	Martin Brunner	Begrüßung	SR Atlanta/Sydney
09:05-09:50	Isaia Lauvai	Trainerverhalten im Baseball / Softball - Praxismethoden zur Stärkung der Motivation	SR Atlanta/Sydney
10:00-10:45	Lukas Lemberger	Strength and Conditioning / Athletics	SR Barcelona
11:00-11:45	Saskia Kosterink	Hitting and the kinetic chain	SR Barcelona
12:00-13:00	Mittagessen / Lunch		Restaurant
13:00-13:55	Isaia Lauvai	Trainerverhalten im Baseball / Softball - Praxismethoden zur Stärkung der Motivation	Sporthalle
14:05-14:50	Martina Lackner-Keil	Pitchen – aber wie?	SR Barcelona
15:00-15:55	Lukas Lemberger	Strength and Conditioning / Athletics	Sporthalle
16:00-16:55	Saskia Kosterink	Hitting drills for kinetic chain	Sporthalle
17:00-18:00	Martina Lackner-Keil	Pitchen – aber wie?	Sporthalle
Ab 18 Uhr	Abendessen / Dinner		Restaurant
Ab 20 Uhr	Get together		Dual Bar

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Sunday, 26 January

Time	Speaker	Topic	Venue*
09:00-09:45	Nicole Broziewski	Baseball5	Sporthalle
09:50-10:50	Martina Lackner-Keil	Make it move! (Change Up, Drop und Curveball)	Sporthalle
11:00-12:00	Maximilian Nores (NADA)	Anti-Doping	SR Atlanta/Sydney
12:00-13:00	Mittagessen / Lunch		Restaurant
13:00-13:45	Saskia Kosterink	Hitting mindset and approach	SR Barcelona
14:00-14:45	Martina Lackner-Keil	Off-Season - die wichtigste Zeit im Jahr	SR Barcelona
14:45-15:00	All	Verabschiedung / Farewell	SR Atlanta/Sydney

*SR = Seminarraum / seminar room