

Baseball Program 2025 (TBC)

Skill Development/Hitting Schedule

Coaches: Bruce Wood, Sam Gibbons, Josh Davies

Times Monday nights 5:00 – 6:00 @ Geelong Baseball Centre. All sessions will take place inside hitting tunnels.

2025			
Date	Coaches	Session	Focus
5:00pm June 16 th	Sam Gibbons Bruce Wood	Throwing Technique	Grip Arm Path Driving weight
5:00pm June 23 rd	Sam Gibbons Bruce Wood	Throwing Technique	Grip Arm Path Driving weight
5:00pm July 30 th	Sam Gibbons Bruce Wood	Throwing Technique	Grip Arm Path Driving weight
5:00pm July 21 st	Josh Davies Bruce Wood	Skill Development/Hitting Technique	Mental approach. Staying inside the baseball. Situational hitting
5:00pm July 28 th	Josh Davies Bruce Wood	Defence- footwork	Preparation. Weight transfer + following the ball.
5:00pm August 4 th	Josh Davies Bruce Wood	Defence- footwork	Preparation. Weight transfer + following the ball.

***All sessions will also involve a hitting component – participants need to bring their gloves and bats**

Regards

Bruce Wood

BSA Baseball Program Manager (2024)