

Baseball Program 2024

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.

2024			
Date	Coaches	Session	Focus
5:00 June 17 th	Sam Gibbons Bruce Wood	Throwing Technique	Grip Arm Path Driving weight
5:00 June 24 th	Sam Gibbons Bruce Wood	Throwing Technique	Grip Arm Path Driving weight
5:00 July 15	Sam Gibbons Bruce Wood	Throwing Technique	Grip Arm Path Driving weight
5:00 July 22 nd	Josh Davies Bruce Wood	Skill Development/Hitting Technique	Mental approach. Staying inside the baseball. Situational hitting
5:00 July 29 th	Josh Davies Bruce Wood	Defence- footwork	Preparation. Weight transfer + following the ball.
5:00 August 5 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)