

Baseball Training Session Schedule 2026

Program Manager: Bruce Wood – 0419 296 113

Coach: Josh Davies

Times Monday nights 5:00 – 6:00 @ Geelong Baseball Centre. All training sessions will take place at the batting tunnels on GBC 1

School Terms: *T1 Tue 27 Jan – Thurs 2 April*

T3 Mon 13 July – Fri 18 Sept

T2 Mon 20 Apr-Fri 26 June,

T4 Mon 5 Oct – Fri 18 Dec

Term 1 2026			
Date	Coaches	Session	Focus
5:00pm March 17 th Sports House (GMHBA Stadium)	Paul Hood Josh Davies	Goal Setting & Athlete Development Plans	Education session on Goal Setting and creation of Athlete Development Plan (ADP)
Term 2 2026			
Date	Coaches	Session	Focus
Term 3 2026			
Date	Coaches	Session	Focus
5:00pm July 20 th	Josh Davies Bruce Wood	Throwing Technique	Preparation to play Throwing Mechanics and Technique
5:00pm August 27 th	Josh Davies Bruce Wood	Throwing Technique	Throwing Mechanics and Technique
5:00pm August 3 rd	Josh Davies Bruce Wood	Throwing Technique	Throwing Mechanics and Technique
5:00pm August 10 th	Josh Davies Bruce Wood	Footwork and Glove Technique	Defensive Footwork and Glove work
5:00pm August 17 th	Josh Davies Bruce Wood	Hitting Technique	Hitting Technique – Bat Speed, Swing Path & Pitch Recognition
5:00pm August 24 th	Josh Davies Bruce Wood	Hitting Technique	Hitting Technique – Bat Speed, Swing Path & Pitch Recognition
Term 4 2026			
Date	Coaches	Session	Focus

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

Please contact Bruce if you are unable to make the session

Regards

Bruce Wood

BSA Baseball Program Manager (2026)