

Baseball Program 2023

Skill Development/Hitting Schedule

Coaches: Lewis Weldon, Sam Gibbons, Josh Davies

Bruce Wood

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

Term 2, 2023			
Date	Coaches	Session	Focus
5:00 May 3 rd	Lewis Weldon Bruce Wood	Skill Development/Hitting Technique	Mental approach. Aggressive swings. Intent to hit 'hard line drives'.
5:00 May 10 th	Lewis Weldon Bruce Wood	Skill Development/Hitting Technique	Mental approach. Staying inside the baseball.
5:00 May 24 th	Josh Davies Bruce Wood	Defence- footwork	Preparation. Weight transfer + following the ball.
5:00 May 31 st	Josh Davies Bruce Wood	Defence- footwork	Preparation. Weight transfer + following the ball.
5:00 June 7 th	Sam Gibbons Bruce Wood	Throwing Technique	
5:00 June 14 th	Sam Gibbons Bruce Wood	Arm Care	

Regards

Bruce Wood

BSA Baseball Program Manager (2023)