

## **Level 1 clinic: (60 foot basepath – outside the infield positioning)**

**Time:** 7.5 hours of instruction

**Delivery Method:**

-1 day session of 7.5 hours plus a half-hour break for lunch. Total 8.0 hours.

OR

-5 evening sessions of 1.5 hours each. Total 7.5 hours.

OR

-2 evening sessions of 3 hours each (2 sessions of 1.5 hours with a short break).

- AND 1 evening session of 1.5 hours for a Total of 6 hours.

**Concepts:**

-Student Workbook –Classroom (3.0 hours)

-basics as per normal L1 clinic. Rules, Rotations, In-Class quiz

-Signals – Gym (.5 hour)

-drills and demonstration in gym

-Plate Basics –Gym (1.5 hours)

-drills and timing drills in gym, rotations

-Base Basics –Gym (1.5 hours)

-drills and demonstration in gym, rotations.

-Skills Development and Re-Enforcement (1.0 hours)

-instructor to focus on skills that have not yet been demonstrated adequately.

Notes: Registration time is not taken into account....Time must be built in for mental health breaks by the instructor. The Signals lesson is a combined lesson for the purposes of the 1.5 hour evening sessions. The Workbook must be delivered first in the full day or evening sessions. There will NEVER be a combined L1-L2 clinic unless approval is given by the Education Chairman.

## Level 1 Clinic

### Student Workbook (3 hours or 2 sessions of 1.5 hours)- Classroom:

- Complete the student workbook in its entirety
- be sure to have discussions where the workbook calls for them.
- instructors MUST ensure that there are interactive demonstrations throughout
- The use of Power Points to illustrate rules is encouraged but optional.
- Build in a break half way through if the clinic is of the day-long variety.
- Hold a gym session to break up the workbook if it's a day-long clinic.
- Ensure at least half an hour is left at the end of the workbook to go over the level 1 quiz as a group.

## Level 1 Clinic

### Signals (.5 hours) – Gym:

#### -Plate Umpire Signals:

-Play Ball!

-Strike (by number), Ball (by number), Out, Safe, Fair, Foul

-Swinging Strike

-Strike 3!

-Giving the Count

-Foul Tip

-Time

-Infield Fly

-Check Swing mechanic (Plate question and Base response)

-Pre-signals (outs, infield fly, repeat the count)

#### -Base Umpire Signals:

-Set Position

-Safe, Out, Fair, Foul

-Check Swing, Did he go?

-Catch/No Catch

-Time

-Infield Fly

-Safe, Off the bag!, Safe, No control!

#### -DRILLS:

-Line up students 4-5 abreast with the remainder taking up spots behind.

Instructor to walk the group forward and stop on command and give the signal.

## Level 1 Clinic

### Plate Basics (1.5 hours) – Gym:

- Plate Umpire Mechanics
  - Stance and Set Up
  - Settling into Pitch
  - Timing
  - Mask Techniques
  - Passed Ball footwork
  - Pop Foul footwork
  - P15 location
  - Plate Meeting

#### DRILLS:

- Split into groups of 3 or 4.... Umpire, Catcher, Hitter (optional) and Pitcher.
- Timing on pitches being called and attention to set up footwork. Once the basic Mechanics are complete, spend the remainder of the session on cage sessions.

## Level 1 Clinic

### Base Mechanics and Rotations (1.5 hours) – Gym:

- Basic positions, nobody on base.
- Fly ball coverages
- Fly ball down rightfield line, movements of Base and Plate umpire.
- Ball hit to infield, movements of Plate and Base umpire. 90 degree angle.
- Basic Positions, R1 (outside the infield mechanics)
- R1 Fair/Foul responsibilities.
- Base Hit with R1, movements of Plate and Base umpire.
- R1, doubleplay mechanic.
- R1 in a rundown, movements of Plate and Base umpire.
- Basic Positions R1 and R2. (outside the infield mechanics)
- R1 and R2 Fly Ball and Steal coverages
- Basic Positions with R2 or R3.
- R2 or R3, Base hit to outfield.
- R2 or R3, Fly ball and tag up responsibilities
- Basic Positions with Bases Loaded.
- Tag up responsibilities with Bases Loaded.

#### DRILLS:

- Fair/Foul down 1<sup>st</sup> base line
- Nobody on, Ball hit to infield, PU Trail the BR and U1 90 degree angle.

## **Base Basics – continued...**

### -Base Umpire Mechanics and Drills:

-Set Position/Standing Set

-Basic positioning nobody on base.

-90 degrees to the throw (rope drill from different areas of infield)

-Closer isn't always better – Angle vs Distance. (large square – Tag or no tag from different angles and distances).

-Close plays (stomp and clap drill while facing wall –ears only)

-Eyes steady to make calls.

-Following ball with Eyes (imaginary triangle drill)

-Pivot and watching runner tag base (practice at 1<sup>st</sup> and taking BR to 2<sup>nd</sup>).

-Demonstrate basic positions outside the infield with R1 or R2/R3.

-R1, base hit to outfield....PU to 3<sup>rd</sup> and communication. U1 moves to the Infield between first and second. Demo and practice

-R1 and R2, starting positions... base hit to outfield. U1 moves to the infield Between 2<sup>nd</sup> and 3<sup>rd</sup> and faces ball ready for throw. Demo and practice

-R1 in rundown, or R3 in rundown....demo and practice.

## Level 1 Clinic

### Skills Re-Enforcement: (1.0 hour – or balance of time) – Gym:

#### Base Mechanics and Drills:

- work on calls at first base, angles, and positioning outside the diamond
- any other areas the instructors feel required

#### Plate Mechanics and Drills:

- work in small groups of 4. Umpire, Pitcher, Hitter, Catcher
- repeated work on set up, timing, and signals
- any additional drills the instructors feel required

Notes: If this is the conclusion of the clinic, Instructor is reminded to wrap up in the classroom, allow UIC to say any parting words, answer any questions of students, hand out quiz and offer answer sheets if needed. Be sure to clean up and get the admin items together.