

Training Plan for FCLL 2010(as of December 30, 2009)

<u>Date</u>	<u>Time</u>	<u>Location/Alternate</u>	<u>Activity</u>	<u>Summary</u>	<u>Participants</u>
Tuesday or Wednesday evening the 26th or 27th of January	6:30 - 8:00 PM	Dave's facility in South San Francisco	Dave Trujillo - Hitting Training	Train the hitting coaches	T-Ball and Minor B coaches as well as AA, AAA, & Majors coaches
AND/OR Tuesday or Wednesday evening the 9th or 10th of February	6:30 - 8:00 PM	Dave's facility in South San Francisco	Dave Trujillo - Hitting Training	Train the hitting coaches	T-Ball and Minor B coaches as well as AA, AAA, & Majors coaches
1/30/2010	1:00 - 3:00	Seacloud / Mist Room Rec Ctr	Beginner "BE YOUR OWN COACH"	The Be Your Own Coach clinics teach coaches How to Coach . Participants learn: How to Teach the fundamentals; How to Lead drills; and most of all, a model that teaches players How to Learn .	1st or 2nd time coaches(T-ball, Minor- B)
1/30/2010	3:15 - 5:15	Seacloud / Mist Room Rec Ctr	Returning "BE YOUR OWN COACH"	The Be Your Own Coach clinics teach coaches How to Coach . Participants learn: How to Teach the fundamentals; How to Lead drills; and most of all, a model that teaches players How to Learn .	Returning coaches get a more advanced version of what they had in the past
2/3/2010	6:30 - 8:30 PM	Gull Room FC Rec Ctr	Preparing Legends - Classroom clinic	90 minute classroom session to review basic fundamentals of hitting, throwing & catching, practice planning & if time permits pitcher and catcher basics	T-Ball and Minor B coaches as well as AA, AAA, & Majors coaches
2/7/2010	10:00 AM - 1:00 PM	College of San Mateo/Gull & Crane Room FC Rec Ctr	Preparing Legends - Fantasy Camp	This three hour camp takes the classroom to the field in a 'station based' camp and will emphasize everything needed to train young baseball players - base running, hitting including bunting, pitching, catching, throwing, ground balls, fly balls, and all of the proper mechanics associated with these skills.	T-Ball and Minor B coaches as well as AA, AAA, & Majors coaches
2/21/2010	8:00 AM - 6:30 PM	Field S-3 at Seacloud	Preparing Legends - Pitchers Training	Training for 4 pitchers per team practice	AAA Players and Coaches
2/28/2010	8:00 AM - 6:30 PM	Field S-1 at Seacloud	Preparing Legends - Pitchers Training	Training for 4 pitchers per team practice	AA Players and Coaches
TBD - Sunday in March	8:00 AM - 6:30 PM	Batting Cages	Dave Trujillo - Hitting Training	Training for the entire team during scheduled cage time	AAA Players and Coaches
TBD - Sunday in March	8:00 AM - 6:30 PM	Batting Cages	Dave Trujillo - Hitting Training	Training for the entire team during scheduled cage time	Majors Players and Coaches
4/11/2010	8:00 AM - 6:30 PM	Field S-1 at Seacloud	Preparing Legends - Pitchers Training	Training for 4 pitchers per team practice	AA Players and Coaches
4/18/2010	8:00 AM - 6:30 PM	Field S-3 at Seacloud	Preparing Legends - Pitchers Training	Training for 4 pitchers per team practice	AAA Players and Coaches