

January 8,9 & 10, 2009

# 2009 Baseball Bash Schedule

Sheraton Richmond West  
Richmond, VA

## Thursday, January 8

7:00-8:00 p.m. **Registration**  
8:00-9:25 p.m. **Helping Hitters Find Their Best Swing**-John Cohen (Miss. State)  
9:35-11:00 p.m. **Creating the Big Inning: 40 Drills in 50 Minutes**-John Cohen (Miss. State)

## Friday, January 9

7:30-9:00 a.m. **Registration**  
9:00-9:45 a.m. **Creating a Winning Mental Approach as a Pitcher**-Fred Corral (Tenn.)  
9:55-10:40 a.m. **Hitting Routines to Build Confidence**-Erik Bakich (Vanderbilt)  
10:50-11:35 a.m. **Mechanics of Pitching from the Windup and the Stretch**-Spanky McFarland (James Madison)  
11:35-1:15 p.m. **LUNCH**  
11:40-12:20 p.m. **LUNCH SPECIAL**-Game Day Preparation for the Starting Pitcher (What's Involved?)-Spanky McFarland (James Madison)  
1:15-2:00 p.m. **Preparing for the Game; Throwing Mechanics and Bull Pen Routines**-Fred Corral (Tenn.)  
2:10-2:55 p.m. **Teaching All the Different Pitches (What's Best for Different Arm Slots?)**-Spanky McFarland (James Madison)  
3:05-3:50 p.m. **Practice Organization on Team Offensive Drills to Keep Your Players Sharp**-Erik Bakich (Vanderbilt)  
3:55-5:37 p.m. **THE BASH**  
5:42-7:24 p.m. **THE BASH REPEATED**  
3:55-5:15 p.m. **THE BULLPEN**  
5:45-7:05 p.m. **Developing Core Strength for Baseball**-Erik Bakich (Vanderbilt)

## Saturday, January 10

7:30-9:00 a.m. **Registration**  
7:30-8:30 a.m. **Fellowship of Christian Athletes Breakfast**  
9:00-10:00 a.m. **The Bash Extra Innings**  
9:00-9:20 a.m. **Why Vision Training is Important to Hitting**-Chris McKnight  
**Baserunning from 1st to 3rd and 2nd to Home**-Marlin Ikenberry (V.M.I.)  
9:20-9:40 a.m. **Practice Organization for Your (Pitcher Position) Player**-Danny Hignite (Providence H.S.)  
**1st and 3rd Offense**-Gary Spedden (Ocean Lakes H.S.)  
9:40-10:00 a.m. **Mentally and Physically What Changes for the Hitter as the Count Changes?**-Danny Hignite (Providence H.S.)  
**Expanded Drills Prior to Your (Practice) Batting Practice**-Garry Spedden (Ocean Lakes H.S.)  
10:05-11:00 a.m. **Question and Answer Session**-Hignite and Spedden  
11:00-12:05 p.m. **Situational Hitting (2 Strike Approach)**-Mark Marquess (Stanford)  
12:05-1:25 p.m. **LUNCH**  
1:25-2:20 p.m. **Getting to the Next Level**-Mark Marquess (Stanford)  
2:30-3:25 p.m. **VHSL Baseball Rules Clinic**  
3:25 p.m. **Drawing for Prizes**

## The Baseball Bash

3:55-4:12 p.m.; 5:42-5:59 p.m. **TEAM A**

- Keys to Being Able to Block Pitches for the Catcher-Marlin Ikenberry (V.M.I.)
- Proper Way to Handle Rundowns-Joe Raccuia (Radford)
- Teaching When and How to Change Speeds as a Pitcher-Spanky McFarland (James Madison)
- Using Video Tape as a Tool-Fred Corral (Tenn.)

4:12-4:29 p.m.; 5:59-6:16 p.m. **TEAM B**

- When and How to Steal a Base-Gary Spedden (Ocean Lakes H.S.)
- Bunting (Base-Hit, Squeeze, and Sacrifice)-Danny Hignite (Providence H.S.)
- Communication for the Outfielder on Different Triangle Plays; When to Slide or Dive for a Ball and How; How to Play a Ball off the Fence-Ryan Wheeler (Richmond)
- Pickoffs to Each Base for Both Right and Left Handed Pitchers-Kevin Anderson (Shenandoah)

4:29-4:46 p.m.; 6:16-6:33 p.m. **TEAM A**

- The Proper Way for a Catcher to Receive Pitches and Frame with and without Baserunners-Marlin Ikenberry (V.M.I.)
- Teaching All the Throws Necessary to Play Each of the Infield Positions-Joe Raccuia (Radford)
- Flat Ground Work Verses Mound Work For the Pitcher-Spanky McFarland (James Madison)
- Drills to Improve or Maintain the Delivery-Fred Corral (Tenn.)

4:46-5:03 p.m.; 6:33-6:50 p.m. **TEAM B**

- Proper Way to Hold a Baserunner Close at 2nd Base by Both the 2nd Baseman and the Shortstop-Gary Spedden (Ocean Lakes H.S.)
- How to Break a Hitting Slump-Danny Hignite (Providence H.S.)
- Mental Aspects for the Outfielder-Ryan Wheeler (Richmond)
- The Triangle Play from the 1st Baseman's Perspective (What Do I Do?)-Kevin Anderson (Shenandoah)

5:03-5:20 p.m.; 6:50-7:07 p.m. **TEAM A**

- Learning the Keys to Throwing Out Base Stealers for the Catcher-Marlin Ikenberry (V.M.I.)
- Pre-Pitch Preparation for Each Defensive Player-Joe Raccuia (Radford)
- Importance of Confidence and Concentration for the Pitcher-Spanky McFarland (James Madison)
- Fielding Your Position as a Pitcher-Fred Corral (Tenn.)

5:20-5:37 p.m.; 7:07-7:24 p.m. **TEAM B**

- What Do I Need to Know as a Baserunner at 3rd Base?-Gary Spedden (Ocean Lakes)
- What Constitutes a Quality at Bat?-Danny Hignite (Providence H.S.)
- Learning How to Properly Charge a Ground Ball, Field it, Make the Exchange, Crow Hop, and Make the Throw to the Correct Location-Ryan Wheeler (Richmond)
- Pitch Count (What Factors Should Be Involved and Why?) Kevin Anderson (Shenandoah)