

# SRVGAL - COACHES U

**Date: Saturday Feb 23rd**

**Location: San Ramon Valley High School Small Gym (501 Danville Blvd, Danville, CA 94526)**

**What to Bring: Your notepad to take notes, water, and a folding sports chair to get comfortable!**

## **Session Times & Agenda:**

### **Session #1: 9:00am to 11:00am**

**(Pre-K, Kindergarten, and 1<sup>st</sup>/2<sup>nd</sup> Grade Coaches)**

- **9:00am Welcome & Introductions**
- **9:10am Chalk Talks:**
  - ✓ Video Analysis
  - ✓ Practice Planning
  - ✓ Coaching your Child
  - ✓ Communication and delivery
  - ✓ First Aid, Water Break & Game Tempo
- **9:40am Skills Training:**
  - ✓ Throwing & Catching
  - ✓ Infield Play
  - ✓ Outfield Play
- **10:20am Skills Training:**
  - ✓ Hitting
  - ✓ Base Running
  - ✓ Defensive situations, Coaching the bases

### **Session #2: 11:00am to 12:00pm**

**(ALL COACHES - Pre-K, Kindergarten, and 1<sup>st</sup>/2<sup>nd</sup> Grade Coaches & 3<sup>rd</sup>/4<sup>th</sup>, 5<sup>th</sup>/6<sup>th</sup>, 7<sup>th</sup>/8<sup>th</sup> Grade)**

- **11:00am**
  - ✓ Business of Coaching
  - ✓ What Makes a coach / Who is a Coach?
  - ✓ Coaching Tools & Today's Student Athletes
  - ✓ Building Your Staff & Volunteers
  - ✓ Pitching Workshop

### **Session #3: 12:00pm to 2:00pm**

**(3<sup>rd</sup>/4<sup>th</sup>, 5<sup>th</sup>/6<sup>th</sup>, 7<sup>th</sup>/8<sup>th</sup> Grade Coaches - White/Blue/Red Divisions)**

- **12:00pm Chalk Talks**
  - ✓ Video Analysis
  - ✓ Practice Planning
  - ✓ Coaching your Child
  - ✓ Communication and delivery
  - ✓ First aid, water breaks, game tempo
- **12:30pm – Skills Training Part 1:**
  - ✓ Throwing and receiving
  - ✓ Infield Play
  - ✓ Outfield Play
- **1:10pm – Skills Training Part 2:**
  - ✓ Hitting & Bunting
  - ✓ Base running, sliding & slapping
  - ✓ Softball IQ, coaching the bases, bunt coverage, cuts and relays

### Training Facilitator/Instructor Bio:

#### **Debbie Nelson – All American Sports Academy**

- As a college player, Debbie achieved All Region, All State, and NCAA All American honors while earning her bachelor's degree at Sacramento State University.
- Coach Debbie Nelson is recognized as one of the top private teaching instructors in the business.
- As the Assistant and Head Coach for the Sacramento State Hornets for (6) years, coach Nelson's team competed in Regional and College World Series competitions. Coach Nelson also spent four years as the Head coach for the San Jose State Spartans. During Debbie's 10 years of coaching at the college level she has produced talented and top ranked teams as well as All Conference, All State, and NCAA All Americans players.
- Debbie also coached an 18 and under USA Team in Europe in 2001 which won the Silver Medal that year.
- Debbie has been a Director for the US Sports Nike Softball Camp since 1996.
- Most notably Debbie enjoys coaching and teaching athletes at all levels. Debbie loves to see the self-esteem, confidence and competitive skills her student athletes achieve through participation in sports!

### Training Staff Bio's:

#### **Brianna Warner (B.W.) – All American Sports Academy**

- **2010-2013 Tracy High School**
  - (3) year Varsity Starter
  - (3) Time 1st Team All League
  - (2) Time Team MVP & League MVP
  - Team Leader in Batting Average, Stolen Bases & Hits
- **2013-2017 University of California, Davis**
  - (4) year starter
  - All Big West Conference 1st team as senior
  - Team leader in batting average, stolen bases, runs scored, walks
  - Broke (6) records: stolen bases (season and career), batting average, career hits, runs, walks
  - Big West Player of the Week as senior & #1 in stolen bases in Conference as junior and senior
  - (30+) multi-hit games in (2) years
- **Coaching Experience**
  - (4) Seasons with All American Sports Academy Teams
  - (7) Years with Nike Softball Camps
  - (8) Years with All American Sports Academy Clinics
  - Specializes in Left-Handed Slapping

#### **Megan Clark – All American Sports Academy**

- **2010-2013 Paso Robles High School**
  - Four Year Varsity Player
  - Team Leader in Batting Average
  - 2nd Team All-League as Sophomore
  - 1st Team All-League as Junior and Senior
- **2013-2017 San Francisco State University**
  - (4) year Starter
  - All CCAA Second team & NFCA All-Region
  - Team leader in batting average .357
  - Second in stolen bases
  - 7th Overall in Career ERA / 5<sup>th</sup> Overall in Career Wins & 4<sup>th</sup> Overall in Innings Pitched and C.G.
- **Coaching Experience**
  - (1) Season Pitching Coach for Swedish National Team (Top 8 in European Championships)
  - (1) season as Player/Coach in Sweden for Soder Softball
  - (2) seasons with SLO Nitro 12U
  - (1) season with 16U Bears & (4) Seasons with 14U Bears
  - (3) years providing hitting and pitching lessons