



## **RIJO ATHLETICS COACHES CLINIC**

**Baseball & Softball Coaches**

**February 21, 2010 (Sunday)**

**5:00 PM – 9:00 PM @ the Rijo Athletics Sports Complex**

Rijo Athletics offers a clinic for baseball and softball coaches each year. This has become a must-attend event for coaches in the Pacific Northwest. José Rijo-Berger and his staff conduct the clinics, which include live demonstrations of drills and center on the following:

### The Coach's Role

- Explain, describe, evaluate, encourage, correct and review.
- Teach skills while instilling a lifelong love of the game.
- Set the stage for success with your organization and attitude.
- Utilize your assistant coaches and parent volunteers effectively.
- Promote teamwork at every opportunity.
- Develop a free flow of information to and from the players.
- Partner with your players to establish a good workplace.

### Effective Drills

- Find, study, and adapt time-tested drills to fit the team's needs and improve skills.
- Make drills more productive to produce better game results
- Use well-executed drills that build mental toughness and teamwork.
- Learn to develop drills on the spot to help players with unusual challenges.
- Repeat drills to make skills routine: "Perfect practice makes perfect performance."
- Consider player safety at all times.

We also allow time for questions and idea-sharing. It's a great opportunity to hear what really works for other coaches facing the same challenges.

Those who attend will have a chance to win two free hours of instruction, which can be used for a player on your team. Additionally, each coach will receive a voucher good for a free one-hour team evaluation. You'll also have an opportunity to purchase the Rijo illustrated "Coaching Quick- Start Guide" and DVD.

(Due to high demand and over-capacity attendance, space is limited and the clinic fills up fast. Reservation is required. Carpooling is highly recommended.)

**Cost of clinic: \$20.00**

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For more information or to schedule call:

**Rijo Athletics Baseball & Softball**

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