

Len Clarke ABC Coaching Clinic



Date

Saturday, December 5; 10:00am-4:00pm

Location

Highland Park Middle School, Beaverton OR

Contact

Sue Seaver at 503/799-2169

Cost

\$25 or \$33 with lunch per person

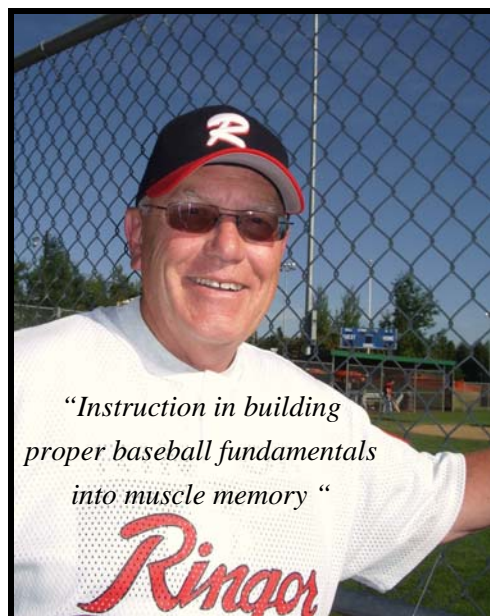
Checks payable to District 4 Little League

To Kevin Meader: 4850 SW Scholls Ferry Rd, Ste 301, Portland OR 97225

Directions to Clinic

1-5 South (Vancouver, WA): Take exit 302B or I-405/US-30W towards Beaverton/St. Helens. Merge onto I-405S/US 30W. Take exit 1D to merge onto US-26W towards Beaverton and continue for 5 miles. Take exit 69A or OR-217S and take exit 2B to Allen Blvd after 2 miles. Turn right onto SW Allen Blvd and turn left onto SW Wilson Ave. Highland Park Middle School will be on your left.

1-5 North (Wilsonville, OR): I-5 northbound to exit 292A to OR-217N towards Tigard/Sunset Hwy. Take exit 2B and turn left onto SW Allen Blvd. Turn left onto SW Wilson Ave and Highland Park Middle School will be on your left.



*“Instruction in building
proper baseball fundamentals
into muscle memory “*

Agenda

Umpiring with Jamie Sims

Len Clarke ABC Coaching Clinic—See reverse side for more information.

Coaches & Managers Clinic Only

Name: _____

Address: _____

City/State/Zip: _____

League Name or District: _____

Email: _____ Telephone: _____

Make checks payable to :

District 4 Little League. Send to: Kevin Meader, 4850 SW Scholls Ferry Rd, Ste 301, Portland, OR 97225

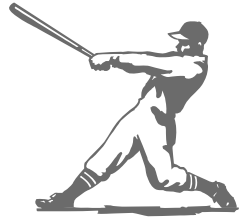
NO RESERVATIONS WILL BE COMPLETE UNTIL PAYMENT IS RECEIVED.



CHAMPIONSHIP BASEBALL

Essential tools for success on the diamond.

Presented by Len Clarke



ABC COACHING CLINICS Developed by Len Clarke

STARTED WITH LOCAL COACHES AND GREW TO DISTRICT & REGIONAL PLUS NATIONAL PUBLICATIONS.
INVITED TO PRESENT A CLINIC AT THE LITTLE LEAGUE NATIONAL 50TH ANNIVERSARY CELEBRATION
WITH TOM LASORDA, STEVE OLIN AND PRESENTED TO 5000+ COACHES IMPACTING 250,000+ PLAYERS

"Clarke's teams have won 21 State Championships at all ages (12's, 13's, 14's, 15's, 18's)" MOSTS WINS IN OREGON HISTORY- PABA

Coach Clarke has focused his clinics and training on developing quality coaches. His written instruction on defense, hitting, bunting, pitching and strategy provides a base for any coach to develop a program.

Now he will participate in developing individual players.

His game is to put pressure on the opposition with speed, quickness and the element of surprise. His teams have been consistently recognized for being well prepared in the fundamental elements of the game.

His players show up displaying discipline in a fun loving, no nonsense, competitive environment.

from former players "He believes in a "Practice Perfect" mentality" "After pre-game activities, his teams already have a 3 run mental lead." "His coaching style puts the fun back in baseball" "Players develop an attitude to do it right every time" "We have fun at practice & it carries over to the games" "The opposition wishes they could play on our team" "Players have the best year of their career"

Winning 21 State Titles at all ages with Little league, Babe Ruth and AAU programs has given Coach Clarke national exposure that he shares with players and coaches in his ABC Clinics.

Coach Clarke believes in having a qualified team of coaches that specialize in different elements of the game. The program teaches coaches how to develop skills to be most effective in the limited time allowed in today's environment.

Experience has taught him to emphasize certain critical fundamentals because of limited coaching time and space. His key motivation is to not waste time on meaningless drills but to have fun practicing things that win games. His belief includes an even distribution of practice and games.

- "You learn in practice and apply what you learn in games. Good coaches have their teams prepared – they never need to raise their voice in a game situation. I can see a well coached team within minutes of their arrival."
- Clarke's program keeps players busy during practice and he has their hearts pounding when they leave. He develops 2 players per position and rotates them frequently during game situations.
- Pitchers need to learn their responsibility is to throw strikes and let the defense do its job. He asks pitchers to be prepared to pitch 3 innings and if the pitch count is low they can go longer. If a pitcher walks 2 in a row chances are that some one else will pitch to the next batter. "Our emphasis is to throw strikes to reduce any momentum for the other team."

He wants players to be aggressive at the plate and not to give anything to the opposition. "Hitters need to understand and own the strike zone."

Dry bat swings with a purpose is critical. "Aggressive eye control and bat contact creates opportunity – we do drills that develop strength and quickness at the plate. We want players to train their eyes to see the ball and get the bat into the zone to make aggressive contact on good pitches. This is easier said than done."

"Repetition during early stages develops soreness that becomes strength. Players hit better than ever before while applying our system! The program works."
