



**WELCOME TO THE
19th ANNUAL
GULF COAST SOFTBALL
COACHES CLINIC**
www.gulfcoastclinic.com



Trisha Ford
Texas A&M



Margie Wright
Retired Fresno State
NFC A Hall of Fame



Steve "Hoot" Johnigan
Baylor University



Meghan Diaz
Baylor University



Felicia Brock
College Station HS

2023 SCHEDULE

Thursday, January 5, 2023			
3:00	Registration Begins		Westchase Room
5:00-5:45	Steve "Hoot" Johnigan	"Coaching Today's Hitters"	Grand Ballroom
6:00-6:45	Margie Wright	"Sustained Success Over 4 Decades"	Grand Ballroom
7:00-7:45	Trisha Ford		Grand Ballroom
8:00-9:00	HAPPY HOUR		Grand Ballroom & Foyer

Friday, January 6, 2023			
7:30	Registration and check in		Westchase Room
9:00-9:45	Felicia Brock	"Developing High School Athletes is Easy"	Grand Ballroom
10:00-10:45	Trisha Ford		Grand Ballroom
10:45-11:15	BREAK – BREAKFAST SNACKS (Sponsor: Marriott Westchase Hotel)		Grand Ballroom Foyer
11:15-12:00	Margie Wright	"Championship Pitching Without a Superstar"	Grand Ballroom
12:15-1:00	Meghan Diaz		Grand Ballroom

Hosted by TMH Softball:
Brien Tuffly (Bellaire HS), James McClanahan (Retired -Ridge Point HS), & Billy Hicks (Retired).

BOWNET BIG MOUTH X

The Next Generation 7'x7' Portable Hitting Net

It's All About The Frame!

- Increased Stability
- Fewer Parts
- Faster Set-Up
- Longer Lifespan
- Reinforced Carrying Bag



\$167⁹⁹
(Low MSRP)



NEW!
Frame Technology

HIT KIT

Includes
All in One Convenient Box

- Bownet, Big Mouth X,
- UtiliTeo, with Mesh Top,
- BP Caddy

All in One Convenient Box!

\$289⁹⁹
(Low MSRP)



To Place Orders Call
Dan Tompkins
817-287-9525



Email Orders to
dan.tompkins@bownet.net

BOWNET BUILD YOUR TRAINING SYSTEM



2-Lane Batting Practice

At The Plate (Choose 1)	At The Mound (Choose 1)	Field Dividers (Full-length Pitching)
Big Mouth® Original 2	Body Guard™ 2	Big or Low Barriers 2
Big Mouth® Pro 2	Flat Top™ (mostly Baseball/jit-down pitching) 2	Elite® Protection (same height as Low Barrier) 3
Big Mouth® Elite 2	Pitching Screen (Baseball) 2	1 Big Barrier + 1 Elite® Protection
Hitting Station 2	I-Screen™ 2	1 Low Barrier + 1 Elite® Protection
Bownet® Backstop 2	Pitch Thru™ (Fastpitch) 2	
Big Barrier 1	L-Screen™ Pro or Elite® (Baseball) 2	
	BP Caddy/ Elite® Caddy 2 (min)	

**BOWNET
BASEBALL**

To Place Orders Contact
DAN TOMPKINS
817-287-9525 | dan.tompkins@bownet.net

ADRENALINE

FUNDRAISING™

AMERICA'S #1 FUNDRAISING COMPANY FOR HIGH SCHOOL ATHLETICS



✔ Multiple fundraising options including digital Discount Cards that include local merchants and nationwide merchants, donation campaigns (Blitz60 and Hour-A-Thon programs), Cookie Dough, Tumblers

✔ Customized Team Sales App, Raise365! Personalized fundraiser page for each athlete, Personalized texting, emails, social media shares and a personalized QR code for each athlete

✔ **ADRENALINE GUARANTEE: RAISE MORE MONEY WITH US THAN YOUR PREVIOUS FUNDRAISER! MORE MONEY, LESS TIME, GUARANTEED!**

www.AdrenalineFundraising.com | 888-621-5380



BSN SPORTS™

Lisa Pullig
Sales Manager – Houston
(832) 878-2749
lpullig@bsnsports.com
bsnsports.com



Serving coaches, players, & fans
of Texas HS Softball since 2002!

Coach Billy Hicks
125 Dogwood St.
Sugar Land, TX 77478
(979) 236-3832

coachhicks@txprepsoftball.net
txprepsoftball.net



Virgil Balke

(979) 203-3319

vbalke@coachesins.com



www.snapraise.com

8300 7th Ave S.
Seattle, WA 98108

support@snapraise.com

(206) 285-0906



Michael Granata

27351 Blueberry Hill Dr., Suite 42
Conroe, TX 77385

(281) 297-8087

info@signchamp.com

signchamp.com



David Gillespie

354 McDonnell, Suite 7
Lewisville, TX 75057

davidg@coachesvideo.com

coachesvideo.com



Juan DeLeon Creative

Juan DeLeon
Photographer

202 Wickhamford Way
Houston, TX 77015
(713) 376-6065

Deleonstudio71@yahoo.com

Juandeleoncreative.com



FUNDRAISING

Raise funds, attract more donors, &
more money for year team in less
time.

Tiffany Neal

PO Box 173

Kemah, TX 77565

Tiffany@teamdrivenfundraising.com

teamdrivenfundraising.com

Coaching Today's Hitters

Steve "Hoot" Johnigan

Assistant Softball Coach – Baylor University, Steve_Johnigan@baylor.edu

Communication and Consistency

Qualities of a Good Hitter

Identifying problems with hitters (finding solutions)

Challenge

“SUSTAINED SUCCESS (Over 4 Decades)”

Margie Wright

Retired Head Coach, Fresno State University 1996-2012
NFCA Hall of Fame Member

Maintaining success through practice
Talented athletes and players who buy in
“If we work harder than everyone else, we win”
Adapt to the different societies they have grown up in

Absolutes

- Players must be driven “how good do you want to be”
- Player cannot be a distraction to the team
- Come to practice every day to work
- Communicate
- Player must be strong
- Player must have balance in their life
- Have mental wellness – give them room to exhale
- Player must understand accountability
- Learn to handle social media
- As a coach, listen and learn
- Hustle at all times

Basic Fundamentals and Strategies (Build ways to enforce philosophies in practices)

- Practice Goals
 - Be on time with a good attitude
 - Dress with pride
 - Designated meeting place or designated warm-up
 - Everyone participates in intense drills with little down time
 - High level of competition and accountability
 - Communicate on the field
 - Finish strong

- Specific Skills
 - Hitting Circuit
 - Situational Hitting

Absolutes

- How good do you want to be? Find Out!
 - Range Finder
 - 6 on 6 on 6 scrimmages
 - Timed throwing or base running
 - Accuracy Drills
 - OF throws home into net
 - C throws to 2nd into a bucket
 - P colored plate
 - IF throw to 1st into a net

- Cannot be a distraction – could require accountability
 - Not hustling or not paying attention
 - Doing the drill wrong or halfway
 - Preoccupied – help them
 - Affected by social media – help them

- Come ready to work – let them decide what the team needs

- Understand skills, strategies, & corrections
 - Communication – bunt defense
 - Accountability
 - 21 outs, a player decides to stay till get it
 - “Everydays” – monitor them
 - Game situations –
 - Hitting with defense off of a tee or toss
 - Coach puts runners in, outs, score, etc.
 - Live pitching with R3 – teach them all of the options
 - Suicide squeeze, sac fly, slow grounder, walk, passed ball, error, base hit, home run

COACHES – Players should move on until they get it unless they are burying themselves. You control the drills, so put the ball where you want it and make adjustments when needed.

DEMAND EXCELLENCE! (Never allow a pitcher to warm up pitches and hit the backstop)

“Pitching & The Competitive Edge”

Trisha Ford

Head Coach, Texas A&M University (tford@athletics.tamu.edu)

Competitive Edge & How to Attack Hitters

- Defining competitive through their lens
- Motivation
- Knowledge
- How to attack hitters with your tools
- Hitting mechanics
- Fun drills

What does competitive look like?

- Emotional
- Confident
- Calm Cool
- Relaxed
- Crazy or Fidgety

What motivates your pitcher?

- HAVE TO FEEL GOOD VS REALITY
- SUCCESS
- FAILURE OR FEAR OF DISSAPPOINTMENT
- VISION BOARDS
- ONE ON ONE

Why?

- Why did you start pitching?
- Why have you stuck with it?
- What do you want to achieve?
- How to set goals – concrete goals?
- Coach needs to know what count/situation getting hurt on

WHAT IS THEIR KNOWLEDGE

- What do they think they are doing vs. what are they really doing
- What is their plan to fix it, what is yours, marry the two
- Come up with a timeline, including check-in
- HITTING MECHANICS
- WHAT'S THEIR STRENGTH AND WHY
- HOW DO THEY GET HITTERS OUT

STRENGTH AND SITUATION

- Goal – objective of pitch/ situation
 - Pitcher strength
 - Mentality of pitcher
 - Opposing team philosophy
 - Hitter strength
 - Hitter count vs pitcher count
 - Know when you go at hitters or when you need to change planes
 - What sequences are most successful for your pitcher
 - Timing and speed change
- PITCH TO YOUR STRENGTH VS TO DEFENSE

STRENGTH AND SITUATION

- What count does the hitter swing
 - What pitch do you want to throw in that situation
 - Plan A and Plan B
- CHANGE SPEEDS!!!!
 - Hitting is pitch selection and timing- you have to be able to alter that
- Tunneling/ Deception
 - Release
 - 12-15ft out
- Current players feedback
 - Hot zones vs actual hot zones
 - Bp stand by coach

ZONES AND HITTING MECHANICS

- OPEN STANCE (HIPS GOING TO 3B, ON HEELS, LOTS OF DISTANCE)
- OPEN STANCE (COMES TOO CLOSE, ON THE PLATE, PITCHER THROWING 65, BODY LANGUAGE)
- OPEN STANCE (DIVES IN, HUNTING OUT AND UP)

DRILLS AND FUN WORKOUTS

- Control the inner half
- Presence and body language
 - Video and practice it
 - Breath, time between pitches, routine
 - Be in the now, control the situation

- UMPIRE BOOK
- Have to make them feel good with taking the risks you want them to take
- Understand who your pitcher is and how to use to your advantage
- 0-0 count working ahead vs 2 of 3
- DRILLS AND FUN WORKOUTS
- Have pitchers do their own scouting report
- Rate their concentration/focus
 - Ea pitch
 - Ea bullpen
 - Inning
 - Game

WHAT'S THE PLAN?

GAME DAY GOALS , GAME DAY SHEETS FOR PITCHERS

- 1st one to execute 8/10 0-0 counts
 - Use the count you are getting hurt on
- Use pitchers in their weakest count... strongest count
- Pitch off each others count
- Wear a heart rate monitor... during fall games... see where it gets in stressful situations.
 - Bike or run and then pitch- how efficient are they working at that level
 - Partner bike till you execute
- 3-0 count hit the pitch ... if you throw change get two pitches
- No control... LIVE IN THE MOMENT
 - Strike zone
 - Take out best pitch
 - Draw pitch and result
- Add noise
- Objects
- Remove plate
- No catcher
- Bad ball
- Mound with holes

“Developing High School Athletes is Easy”

A Simple Toolkit for Strength & Conditioning Programming

Felicia Brock

College Station High School, Strength & Conditioning Coach

How to develop a softball athlete in today’s culture

- Assess Needs & Constraints
 - Schedule & Time
 - State of your program
 - Manpower
 - Culture

- Plan
 - Design & create framework
 - Sample template
 - Proper progression of Basic Movement Patterns

- Execute
 - Power
 - Strength
 - Stability
 - Posterior Chain

- Sell
 - Teach them early & often
 - Youth to High School
 - Allow opportunity
 - Listen & Love
 - Discipline
 - Train with intent
 - Quality Movement
 - Consistency

“Pitcher Development – On-Boarding & The College Years”

Trisha Ford

Head Coach, Texas A&M University (tford@athletics.tamu.edu)

RECRUITING

- PHYSICAL
- MENTAL/COMPETITOR
- FIT
 - DO THEY WANT TO BE HERE

Physical

- Miss barrels
- Bounce back
- Change up
- Plus up or down
- Beat hitters multiple times?
- Athleticism
- What’s their ceiling?

Mental / Competitor

- Coaches
- Teammate- pitcher relationships and player
- What do they bring to the table
- Competition
- Do they know how to win
- **Fit**
- Staff
- Needs
- Who’s your web
- Come to a camp
 - Spend time
 - Assess
 - Mind set- pitchers win games

Year 1

- Assess- movement
- Rapsodo
 - Fastball natural spin
 - High speed or video
- Chat it up
- Situational real talk
 - Best and worst- why

- Proud moment
- Goals then vs now
- Plan
 - Staff
 - Pitcher
- CAPTURE INFO
 - Routine
 - Warm-up
 - Breaking point
 - Volume
 - Work to rest

YEAR 2

- CAPTURE INFO- BETTER PLAN
 - Routine
 - Pace- real info
 - Put up situations and review
 - Warm-up
 - Breaking point
 - Volume
 - Work to rest
 - What they like and don't like
- Lens
- Change!!

Year 3 and 4

- What are we adding
 - Rating of pitches- can we just throw on different levels
 - Change and off speed
- Mental
 - Handling adversity
 - Hammer hard controllables
 - No affect on result
 - Changing of zone
 - Unfavorable counts
- Dominate the zone
 - Know your favorable counts
 - Control the game
 - Understand swing paths
 - Umpire book
 - One pitch scrimmages
 - Long innings vs short innings- what are the good at

FINAL THOUGHTS

- LESS TALKING
 - Let them figure it out
- Drill work- what's the goal
- Robot pitcher
- When do they lose their velo?
- I don't know it all... still trying to figure it out
 - Surround yourself with smarter people!

Example of Fall Plan

- Very smooth- also very concerned with her spin at the detriment of her velo. Will find a happy medium
- 1st month agreed to get legs going and then work on spin/ timing
- Needs to get into legs more and develop a better hip hinge
- Keep body at a 45... can get a bit too turned (opened) during her pitch
- Fast paced- get into a routine
- Judging ea pitch... needs to free up and just throw
- Get her throwing live sooner than later... needs to compete... get those juices flowing
- Drop and change are the two that we are going to work hard to get her in a good place.
- Future would like to develop a running fastball or rise.
- Off-speed is also an option

“Championship Pitching Without a Superstar”

Margie Wright

Retired Head Coach, Fresno State University 1996-2012

NFCA Hall of Fame Member

Pitcher's Weapons

- Speed
 - Affects decision-making
 - Change hitter reaction time
 - Use the whole strike zone
 - Create velocity spreads
- Off-Speed
 - Create an Illusion
 - Keep them off balance
 - Change hitter reaction time
- Location
 - Change batter's vision
 - Upset timing
 - Create Tunnels
- Spin & Movement
 - You only need the pitches with command
- Routine

Considerations

- Pitcher's strengths
- Hitter's weaknesses & strengths
 - Who will we not let beat us
- Situation
- Umpire's zone
- Our defense
- Outside factors – weather, field conditions, etc.

Pitcher's Considerations

- Get ahead
- Use practical waste pitches
- What did the last swing tell us?
- Force the batter to adjust
- Refocus with 2 outs
- Allow ZERO runs after your team scores

Hitters Analysis

- Hands
- Stance
- Step
- Bat Speed
- Swing Plane
- Batting Order
- Coaches Philosophy – Linear vs Rotational

Setting Up Batters

- Work ahead in first 3-4 pitches
 - Then challenge but do not prolong the at bat
- Same pitch at a different location affects timing
- Different pitch same location creates tunnels
- Use off speed/change more effective after inside pitch
- Use best pitch if behind in the count.

“Defensive Drills”

Meagan Diaz

Assistant Softball – Baylor University
meagan_diaz@baylor.edu

Qualities of a Good Infielder

Qualities of a Good Outfielder

Glove

Defensive Tools

Drills, Drills, Drills

Baylor 2-Ball Infield Warmup (from Coach Billy Hicks's notes)

Focus on correct form & warm-up by using every rep to better yourself

Set 1 – Going 1

Ball Hit to	1 st Throw	2 nd Throw	3 rd Throw	4 th Throw	5 th Throw	6 th Throw
5	3 (1B)	2 (Home)	5 (3B)	Bucket		
6	3 (1B)	2 (Home)	6 (2B)	5 (3B)	Bucket	
4	3 (1B)	2 (Home)	4 (2B)	5 (3B)	Bucket	
3	4 (1B)	2 (Home)	3 (1B)	6 (2B)	5 (3B)	Bucket

Set 2 – Turning 2

Ball Hit to	1 st Throw	2 nd Throw	3 rd Throw	4 th Throw	5 th Throw	6 th Throw
5	4 (2B)	3 (1B)	2 (Home)	5 (3B)	Bucket	
6	4 (2B)	3 (1B)	2 (Home)	6 (Cut off)	5 (3B)	Bucket
4	6 (2B)	3 (1B)	2 (Home)	4 (Cut off)	5 (3B)	Bucket
3	6 (2B)	4 (1B)	2 (Home)	3 (1B)	5 (3B)	Bucket

Set 3 – 2 and in

Ball Hit to	1 st Throw	Rolled ball to	3 rd Throw	4 th Throw	5 th Throw	6 th Throw
5	2 (Home)	5 (charging)	2 (Home)	5 (3B)	Bucket	
6	4 (2B)	3 (1B)	2 (Home)	6 (Cut off)	5 (3B)	Bucket
4	6 (2B)	3 (1B)	2 (Home)	4 (Cut off)	5 (3B)	Bucket
3	6 (2B)	4 (1B)	2 (Home)	3 (1B)	5 (3B)	Bucket

Set 4 – Catcher's Bunt Coverage

Ball Hit to	1 st Throw	2 nd Throw	3 rd Throw	4 th Throw	5 th Throw	6 th Throw
5	4 (2B)	3 (1B)	2 (Home)	5 (3B)	Bucket	
6	4 (2B)	3 (1B)	2 (Home)	6 (Cut off)	5 (3B)	Bucket
4	6 (2B)	3 (1B)	2 (Home)	4 (Cut off)	5 (3B)	Bucket
3	6 (2B)	4 (1B)	2 (Home)	3 (1B)	5 (3B)	Bucket