

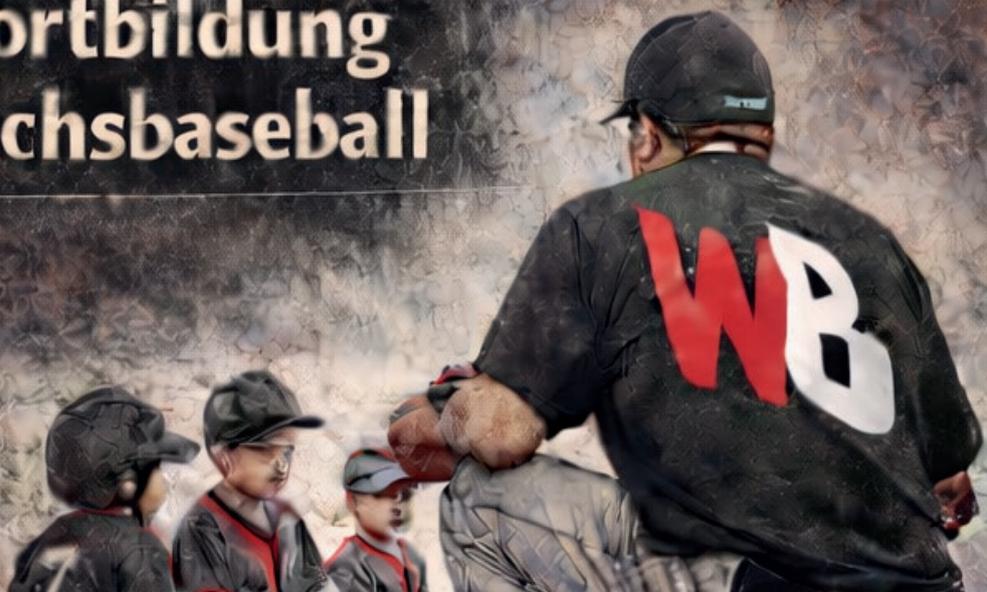
U12 COACHES

CONVENTION 26

★ 28. Februar – 1. März 2026 ★

Ahorn-Sportpark, Paderborn

Trainer-Fortbildung
im Nachwuchsbaseball



Meet the Westfalenbande

westfalenbande.de

Die Westfalenbande ist die Nachwuchsinitiative der Nixdorf Sport- und Jugendstiftung – und weit mehr als ein klassisches Förderprogramm. Wir verstehen uns als Impulsgeber, Möglichmacher und verlässlicher Partner für Vereine, Trainer und junge Talente im Baseball. Unser Schwerpunkt liegt auf einer nachhaltigen und qualitativ hochwertigen Nachwuchsförderung, insbesondere im U12-Bereich. Seit 2025 erweitern wir dieses Engagement gezielt um U15-Clinics, um Spielerinnen und Spieler auch in der nächsten Entwicklungsstufe professionell zu begleiten.

Was uns auszeichnet, ist die Verbindung aus sportlicher Qualität, pädagogischem Anspruch und echter Begeisterung für den Sport. In mehrtägigen Camps und intensiven Clinics fördern wir Technik, Spielverständnis und Teamgeist gleichermaßen – ergänzt durch spezielle Softball-Angebote für Mädchen. Mit etablierten Turnieren wie dem Kids Cup, dem X-Mas Cup, dem Neujahrs Cup und dem Heinz Nixdorf Cup schaffen wir besondere Wettkampfmomente, die in Erinnerung bleiben. Road Trips eröffnen jungen Athletinnen und Athleten neue Perspektiven, stärken den Zusammenhalt und ermöglichen wertvolle Erfahrungen über den eigenen Tellerand hinaus.

Darüber hinaus denken wir Baseball größer: Mit unseren mobilen Ballparks bringen wir den Sport direkt zu den Menschen – auf Schulhöfe, Stadtfeste und Vereinsgelände. In enger Zusammenarbeit mit derzeit 16 Partnervereinen engagieren wir uns aktiv für Baseball an Schulen und unterstützen Vereine umfassend bei Trainingsstrukturen, Materialfragen und der Qualifizierung von Trainerinnen und Trainern. Ein besonderes Highlight ist unsere jährliche WB U12 Baseball Convention, eine anerkannte Fortbildungsveranstaltung des Deutschen Baseball und Softball Verbands mit unterschiedlichsten Lerneinheiten, die Fachwissen, Austausch und Inspiration vereint.

Hinter all dem steht ein engagiertes Team um Stefan Fechtig (Koordination), Dominik Dunford (Camplleitung), Björn Schonlau (Administration), das mit Leidenschaft, Erfahrung und Überzeugung arbeitet.

Die Westfalenbande steht für Energie, Teamgeist und die feste Überzeugung, dass starke Nachwuchsarbeit die Grundlage für die Zukunft unseres Sports ist.



Stefan Fechtig

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Samstag Schedule

Gruppe 1

Uhrzeit	Thema	Location	Speaker(s)
09.25-09.35	Intro	Stands	Red
09.35-10.15	Win the First 10 Minutes: Differential Learning Model	BB Field	Nick & Jesse
10.15-11.00	Teaching Throwing Mechanics	BF 3 + 4	Simon & Killa
11.00-11.45	Pitching Development	BF 3 + 4	Killa & Simon
11.45-12.30	Infield Basics	BB Field	Nick & Jesse
12:30-13.15	Infield Drills: Reps that Translate	BB Field	Nick & Jesse
13.15-14.45	Mittagessen		
14.45-16.15	Structured Practices	BB Field	Nick & Jesse
16.15-16.30	Pause		
16.30-17.15	Outfield Development:	BF 3 + 4	Klaus & Killa
17.15-17.55	Outfield	BF 3 + 4	Klaus & Killa
18.00-19.00	Umgang mit Druck und Rückschlägen im Nachwuchsbaseball	Stands	Chris
19:30	ab 19.30 Hot Stove Q&A	Hotel	Alle

Samstag Schedule

Gruppe 2

Uhrzeit	Thema	Location	Speaker(s)
09.25-09.35	Intro	Stands	Red
09.35-10.15	Win the First 10 Minutes: Differential Learning Model	BB Field	Nick & Jesse
10.15-11.00	Infield Basics	BB Field	Nick & Jesse
11.00-11.45	Infield Drills	BB Field	Nick & Jesse
11.45-12.30	Teaching Throwing Mechanics	BF 3 + 4	Simon & Killa
12:30-13.15	Pitching Development	BF 3 + 4	Killa & Simon
13.15-14.45	Mittagessen		
14.45-15.30	Outfield Development	BF 3 + 4	Klaus & Killa
15.30-16.15	Outfield	BF 3 + 4	Klaus & Killa
16.15-16.30	Pause		
16.30-18.00	Structured Practices	BB Field	Nick & Jesse
18.00-19.00	Umgang mit Druck und Rückschlägen im Nachwuchsbaseball	Stands	Chris
19:30	ab 19.30 Hot Stove Q&A	Hotel	Alle

Sonntag Schedule

Gruppe 1

Uhrzeit	Thema	Location	Speaker(s)
09.30-10.00	Win the First 10 Minutes: Creating Better Athletes	BB Field	Nick & Jesse
10.00-10:45	Hitting Development	Cages	Nick & Schumi
10.45-11.30	Hitting Development	Cages	Schumi & Nick
11.30-12.15	Der Relative-Age-Effekt im deutschen Baseball	Stands	Alper
12.15-13.30	Pause		
13.30-14.30	What Makes a Good Coach? Coach Behaviours	Stands	Schumi
14.30-15.15	Catching 1	BB Field	Simon & Jesse
15.15-16.00	Catching 2	BB Field	Simon & Jesse
16.00	Verabschiedung		

Sonntag Schedule

Gruppe 2

Uhrzeit	Thema	Location	Speaker(s)
09.30-10.00	Win the First 10 Minutes: Creating Better Athletes	BB Field	Nick & Jesse
10.00-10:45	Catching 1	BB Field	Simon & Jesse
10.45-11.30	Catching 2	BB Field	Simon & Jesse
11.30-12.15	Der Relative-Age-Effekt im deutschen Baseball	Stands	Alper
12.15-13.30	Pause		
13.30-14.30	What Makes a Good Coach? Coach Behaviours	Stands	Schumi
14.30-15.15	Hitting Development	Cages	Nick & Schumi
15.15-16.00	Hitting Development	Cages	Schumi & Nick
16.00	Verabschiedung		

American Guest Speakers

Current Role:

Co-Founder, Husky Brothers Baseball

Playing Background:

First Team All-Conference Catcher

– Salinas High School

Team Captain & Starting Catcher –

Monterey Peninsula College

Central Washington University

Coaching Background: 10 Years

Varsity Hitting & Catching Coach – Palma High School

Led program to three consecutive first-place finishes

Collegiate Hitting & Catching Coach – SF State

Jesse is widely recognized for his ability to create high-energy training environments that emphasize development, accountability, and love for the game.

Current Role:

Assistant Coach (NCAA Division II), CSU East Bay

Co-Founder, Husky Brothers Baseball

Playing Background:

College of San Mateo – First Team All-NorCal,

Second Team All-Conference

First Team All-Region at OKWU

Collegiate Coaching Background: 13 Years

Assistant Coach, San Francisco State University
(3 seasons)

Associate Head Coach / Recruiting Coordinator,
Menlo College

Assistant Coach- San Jose State

Education:

B.S. Kinesiology – Oklahoma Wesleyan

M.A. Coaching & Athletic Administration - CUI

M.S. Coaching & Exercise Science – CUI



Jesse White

*Co-Founder Husky
Brothers Baseball*



Nick White

*Co-Founder Husky
Brothers Baseball*

At Husky Brothers Baseball, our mission is to elevate talent through our 20 years of combined coaching experience, guiding athletes from youth to collegiate levels. We focus on advanced training methodologies, emphasizing differential learning and the concept of failing forward. Our commitment is to develop not only exceptional players but also resilient leaders who excel under pressure.

Win the First 10 Minutes: Differential Learning Model

Jesse and Nick White

I. Gamify your Warm Up

Goal: Turn passive players into active competitors in the first 10 minutes.

1. Warm-ups are culture builders.
2. Warm-ups are skill builders.
3. Warm-ups are attention setters.
4. Warm-ups determine the entire tone of practice.

II. Movement Before Mechanics

Goal: Most youth practices train skills in isolation. Great warm-ups train movement that transfers to skills.

Kids do not need more static reps.

1. They need BETTER movement patterns.
2. They need MORE variability.
3. They need CHAOS (controlled chaos).

III. Turning Drills into Games

Goal: How to design warm-ups that are fun, competitive, and skill-transfer driven.

Ping Pong Dailies (Posture + Balance + Rhythm)

1. Forces athletic posture.
2. Builds Rhythm (Baseball is like dancing)
3. Trains hands without overthinking.
4. Increases movement variability.
5. Engages the brain.
6. Warms up the entire system.

Cone Defenders (Beat the Defense)

1. Train lateral quickness
2. Develop first-step reaction
3. Improve defensive posture
4. Build competitive edge immediately

Controlled Chaos Juggling (Hand Eye Coordination)

1. Develop hand-eye coordination
2. Improve glove-to-hand transfers
3. Build rhythm and tempo
4. Train vision while moving
5. Wake up the nervous system

YOUTH INFIELD:

Teach the movement — not the position

Jesse and Nick White

I. Redefine what Defense Means

Good infielders are early movers, not Robots.

Goal: Reset what coaches believe about defense.

Drill: Beat the Bounce/Own the hop

II. What Actually Happens on a Ground Ball

The throw is determined by the feet, not the arm. If the feet are right →the throw fixes itself.

Goal: Anticipate →Read →Move →Control →Field →Throw

Drill: Get Megged!/Left Foot Pass

III. Athletic Position vs “Stay Low”

We are not statues waiting for a ball. We are shortstops guarding like a basketball player.

Goal: Be an Athlete

Drill: Goalie

IV. Fielding the Ball

We don't reach for ground balls. We work through them.”

Goal: What fielding through a ball actually means.

Drill: Hat in Mouth

V. Throwing & Transfers

Most throwing errors are not throwing problems, they are body timing issues.

Goal: Feet and hands work together

Drill: Down Crab

VI. Why We Don't Over-Teach

Kids learn movement through:

Repetition in a cultivated environment, not verbal instruction.

Infield Drills That Translate

Jesse and Nick White

I. FIELD THEN RACE / FIELD THEN DOUBLE SHUFFLE

Drill: Coach rolls a routine ground ball. Players field it cleanly, then immediately sprint to a cone base (race).

Progression: Players perform two quick shuffles after fielding the ball to try and beat each other into a throwing position (double shuffle).

II. Barbwire/Gates

Drill: Coach rolls a routine ground ball. The player moves to the right of the ground ball (around the cone line) before fielding the ball.

Progression: Coach rolls a routine ground ball. The player chooses a gate in between the cones to the right of the ground ball before fielding.

III. Count the Hops/Before the 3rd/Catch the 3rd

Drill: Players count the hops that are hit to them out loud

Progression: Count out loud and field ball before 3rd hop

Next Step: Only field ball on the 3rd bounce

IV. Throwing on the run/On the bounce

Drill: Players run through gates as they catch lobbed ball. Cannot stop running until the first baseman catches the ball.

Progression: Ball must bounce before it is fielded. Forward progression must continue.

V. Ground ball vs slow roller

Drill: the player either gets a slow roller or a groundball. They need to anticipate early movement and take the correct attack angle for the pace and direction of the ball

Structured Practices:

WIN THE FIRST 10

1 PRACTICE IDENTITY

Team/Age: _____

Date: _____ Total Time: _____

Primary Focus (1-2):

- Hitting Defense Pitching
 Base Running Team

Concepts

- Competition Day Other:

2. WIN THE FIRST 10 (0-10)

Warm-Up/Game: _____

Develops:

- Movement Reaction Rhythm
 Footwork Communication
 Competitive Energy

Everyone moving how?

What makes it competitive?

Energy goal (1 sentence):

3. SPACE DESIGN

- Areas Used: Infield
 Outfield Foul Lines Cages
 Bullpen Other _____

Stations: ____

Players/Station: ____

Rotation Time: ____

Lines longer than 3? Yes No

Layout Notes / Sketch:

4. ASSISTANT ROLES

Assistant #1: _____

Assistant #2: _____

Assistants Own:

- Run station
 Manage tempo
 Track competition
 Give 1-2 cues

5. CATCH PLAY WITH PURPOSE

(10-20)

Type: Rhythm Toss Movement Catch Long Toss
 Target Comp Pull Downs Other _____

Focus cue (1-2 only):

How it prepares for today:

6. SKILL BLOCKS

Block 1 (15-20 min)

Focus: _____

Competition element: _____

What's tracked: _____

Block 2 (15-20 min)

Focus: _____

Competition element: _____

Block 3 (Optional) Focus:

Competition element:

Structured Practices:

WIN THE FIRST 10

7. COMPETE WITH EVERYTHING

Scoring used in: Defense

Baserunning Hitting

Throwing Situational

Tracking method: _____

Consequence: _____

Reward: _____



Core Reminders:

- Design the environment
- Energy before instruction
- No long lines
- Compete with everything
- End with a win.

8. END WITH A WIN (Final 5-10)

Team Challenge Relay Live Game Modified Scrimmage

Confidence win: _____

Energy finish: _____

9. POST-PRACTICE REFLECTION

Did we win the first 10? Yes No

Energy dropped where?

Where could players hide?

Adjustment next time:

Win the First 10 Minutes: Creating Better Athletes

Jesse and Nick White

I. Let the Kids Play

Goal: To activate the athlete before we teach the baseball player.

Design environments that promote athletic competition without focusing on mechanics.

- Your job is not mechanics corrections.
- Your job is environment manipulation.

II. Train the Athlete's Competitive Edge

• Gate Crashers

1. Athletic movement in posture
2. Anticipation of movement
3. Reading angles and Decision making

• Cone Stackers

1. Lateral movement w/ athletic posture
2. Decision making and gamesmanship
3. Change of direction

• Tik Tak Toe

1. Acceleration and deceleration
2. Teamwork and decision making
3. Athletic posturing

• Rock paper Scissors Race

1. Anticipation
2. Acceleration
3. Crossover steps and hip mobility

Catching: Re-Wiring the Brain at the Youth Level

Jesse White

I. Understanding the Fear Response

- **Goal:** Recognize and replace the brain's natural threat response with a trained blocking response.

II. The Confidence Ladder (Re-Wiring Model)

- **Goal:** Make blocking predictable before it becomes reactive through progressive confidence-building stages.

Blocking Stage 1 – Comfort With Contact

- **Goal:** Remove fear of ball-to-body contact.

Blocking Stage 2 – Controlled Drop

- **Goal:** Develop safe, repeatable body control when dropping to block.

Blocking Stage 3 – Predictable Dirt Balls

- **Goal:** Introduce controlled bounce to build neural safety and expectation.

Blocking Stage 4 – Angle & Movement

- **Goal:** Teach lateral movement and directional blocking without panic.

Blocking Stage 5 – Controlled Chaos

- **Goal:** Transition from pre-planned movement to athletic reaction under game-like unpredictability.

Receiving Stage 1 — Ball Tracking Without a Mitt

- **Goal:** Train the eyes to follow the baseball without fear or urgency.

Receiving Stage 2 — Soft Hands (Absorption)

- **Goal:** Teach the catcher the ball should be received, not caught.

Receiving Stage 3 — Target Stability

- **Goal:** Separate the target from the catch.

Receiving Stage 4 — Tracking to the Edges

- **Goal:** Teach receiving outside the center of the body without panic.

Receiving Stage 5 — Late Decision Receiving

- **Goal:** Transition to game-like reaction and timing.

III. Coaching Language Shapes Confidence

- **Goal:** Use intentional language that builds ownership and capability rather than reinforcing fear. Confidence builds through positive framing.

Final Coaching Principle

- **Goal:** Progress through stages deliberately so confidence, mechanics, and game performance develop together.

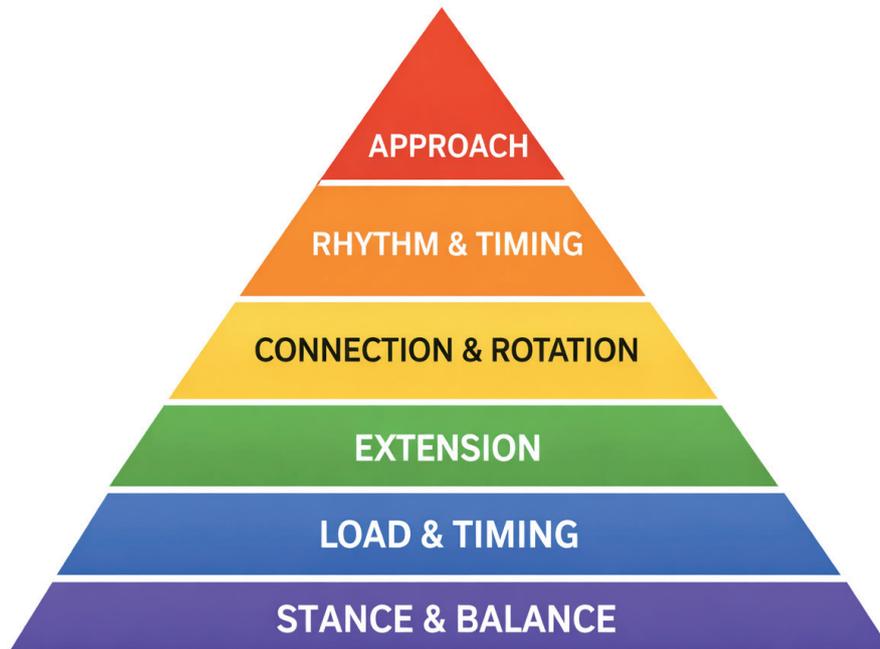
CORE BELIEFS WE BUILD

When fear turns into ownership, blocking becomes a weapon.

HITTING FROM THE GROUND UP

Nick White

THE HITTING PYRAMID



Build from the bottom up.

FOUNDATION — STANCE & BALANCE

Core Principles

“Your base determines how high you can reach”

“We are only as strong as our connection to the ground”

“You can’t have consistent timing without balance”

- Athletic, repeatable stance
- Head stacked (ear → shoulder → hip → ankle)
- Weight mid-foot
- Balance before movement
- Fighting Stance
- Wide isn’t always better

LOAD & TIMING

Core Principle

“The load creates stretch and adjustability”.

- Coil into back hip (don’t drift)
- Stretch, don’t sway
- Load with the pitcher
- Move early to adjust late

CONNECTION & ROTATION

Core Principle

“Energy must transfer efficiently from the ground up.”

- Ground → Hips → Torso → Hands → Barrel
- Maintain posture (eyes behind bat)
- Rotate up the chain, don’t spin out

HITTING FROM THE GROUND UP

Nick White

CONNECTION & ROTATION

Core Principle

“Energy must transfer efficiently from the ground up.”

- Ground → Hips → Torso → Hands → Barrel
- Maintain posture (eyes behind bat)
- Rotate up the chain, don't spin out

EXTENSION & FINISH

Core Principle

“Extension determines ball flight and direction.”

- Shortest path to the ball
- Inside part of the baseball
- Long through contact
- Hit through it, not to it

RHYTHM & ADJUSTABILITY

Core Principle

“Move early so you can adjust late.”

“Be early so you can always be on time.”

- Early load = larger decision window
- Control tempo

FINAL REMINDERS

- Sequence over shortcuts
- Efficiency creates power
- Adjustability separates levels
- Approach wins games

Meet Our Speaker



Alper Bozkurt

Leitender Landestrainer /
Manager All-State Teams

Current Roles:

Athletic Director,
Untouchables Paderborn
Manager,
All-State Teams NRW
Consultant, 18U / 15U /
12U National Teams

Former Roles:

Global Consultant,
Cincinnati Reds
Manager,
Turkish National Team
MLB Envoy Coach (Europe)

Convention Topic

Relative Age Effects in Baseball

- Understanding developmental age differences
- Impact of birth month and maturation
- Long-term player development implications
- Talent identification considerations

Der Relative-Age-Effekt im deutschen Baseball

Abstract

Alper Bozkurt

- Der Relative-Age-Effekt (RAE) beschreibt systematische Vorteile für Athleten, die nahe an einem festgelegten Stichtag geboren wurden.
- Besonders in körperlich geprägten Sportarten wie Baseball wirkt sich altersbedingte physische Überlegenheit selektionsrelevant aus.
- Früher geborene Athleten erhalten häufiger positive Rückmeldungen, mehr Spielzeit und Zugang zu Förderstrukturen.
- Später geborene Talente sind überproportional von Drop-outs und frühen Abbrüchen im Leistungssport betroffen.
- Datengrundlage: Analyse von 483 Athleten (2014–2020) aus den Altersklassen U12, U15 und U18 (m/w) in NRW.
- Zusätzliche Betrachtung nationaler Kader, Sichtungsturniere und internationaler Vergleiche.
- Deutliche Überrepräsentation von im ersten Halbjahr geborenen Athleten in Auswahlmannschaften.
- Leistungsdiagnostik mittels Sprint-, Wurfgeschwindigkeits- und Reifegradmessungen (Mirwald-Methode).
- Trennung von biologischer Reife und tatsächlichem Leistungspotenzial als zentrales Ziel.
- Kurzfristiger Erfolg ist kein verlässlicher Prädiktor für langfristige sportliche Entwicklung.
- Praxisansätze: quartalsbasierte Quotenmodelle, Bio-Banding, Reduktion früher Vorselektionen.
- Sensibilisierung von Trainerinnen und Trainern für RAE und Frühreife notwendig.
- Neudefinition von Erfolg: langfristige Athletenentwicklung statt kurzfristiger Siege.

Meet Our Speaker



Heiko Schumacher

Current Roles:

Head Coach, German
National Team U15 & U18
German Baseball Academy

Playing Background:

5× German Champion
German National Team
Player

Coaching Background:

5× European Champion as
a Coach

Convention Topics

- Hitting Development:
Approach, Awareness & Age-Appropriate Drills
- Coaching Development:
What Makes a Good Youth Coach

Hitting Development: Approach, Awareness & Age-Appropriate Drills

Heiko Schumacher

1. Age-Appropriate Drill Progression

- a. Building swing fundamentals for the relevant age group
- b. Balance, rhythm, and simple movement patterns
- c. Competitive reps that translate to games

2. Mental Approach at the Plate

- a. Confidence and routine before each at-bat
- b. Understanding the situation (outs, runners, count)
- c. Competing pitch-by-pitch

3. Pitch Selection & Plate Discipline

- a. Recognizing strikes vs. balls early
- b. Hunting specific zones
- c. Learning when to be aggressive and when to pass

4. Game Transfer

- a. Turning drills into game execution
- b. Adjusting within the at-bat
- c. Building hitters who think the game

Coaching Development: What Makes a Good Youth Coach

Heiko Schumacher

1. Positive Teaching Environment

- a. Teaching in a constructive and encouraging way
- b. Correcting mistakes without embarrassment
- c. Building confidence while learning

2. Valuing Every Player

- a. Making every player feel important
- b. Giving equal attention and opportunity to improve
- c. Creating belonging within the team

3. Process Over Results

- a. Focusing on effort, habits, and improvement
- b. Teaching players how to practice and learn
- c. Developing skills beyond the scoreboard

4. Team Culture & Spirit

- a. Forming team unity and shared responsibility
- b. Encouraging teammates to support each other
- c. Celebrating effort and unselfish play

5. Parents & Communication

- a. Setting clear expectations with families
- b. Handling concerns calmly and professionally
- c. Keeping communication consistent and respectful

6. Respect for the Game

- a. Teaching sportsmanship and fair play
- b. Respecting umpires, opponents, and teammates
- c. Understanding baseball traditions and rules

7. Discipline & Commitment

- a. Establishing standards and accountability
- b. Consistency in attendance, effort, and behavior
- c. Modeling commitment as a coach and leader

Meet Our Speaker



Jens Hawlitzky

Current Role:

Youth Coach (U10 & U12),
Hamburg Stealers

Playing Background:

35 years in baseball
First League player in Germany
Played professionally in South
Africa and Sweden
Primary Position: Pitcher

Coaching Background:

Head Coach in the German First
League (11 years)
Provincial Team Coach
Worked with the DBA (German
Baseball Academy)

Convention Topics

- Pitching Development:
Transitioning from Tee Ball & Coach Pitch to Live Games
- Outfield Development:
Building the Complete Youth Outfielder

Pitching Development: Transitioning from Tee Ball & Coach Pitch to Live Games

Jens Hawlitzky

- **Philosophy of Development**
 - a. Building pitchers during the transition phase
 - b. Preparing players for live-game environments
 - c. Finding the balance between fundamentals and freedom

- **Throwing Foundation**
 - a. Progressive throwing drills
 - b. Arm action and athletic movement patterns
 - c. Establishing repeatable habits before the mound

- **Pitching Mechanics**
 - a. Introducing core mechanical principles
 - b. Identifying key “must-do” fundamentals
 - c. Simplifying cues for young athletes

- **Avoiding Over-coaching**
 - a. Teaching what matters most
 - b. Allowing natural athleticism to develop
 - c. Creating confidence through clarity

Outfield Development: Building the Complete Youth Outfielder

Jens Hawlitzky

1. Outfield Philosophy at the Youth Level

- a. Understanding the role of the outfielder in kids baseball
- b. Why outfield mistakes cost multiple bases
- c. Teaching responsibility, awareness, and communication

2. Technical Development

- a. Movement patterns and first step reactions
- b. Proper routes and getting behind the baseball
- c. Glove work and clean exchanges

3. Game Awareness

- a. Knowing the situation (outs, runners, score)
- b. Decision-making on throws and cutoffs
- c. Communication with infielders and other outfielders

4. Confidence & Mindset

- a. Staying engaged every pitch
- b. Preparing for the “worst-case” play
- c. Developing leadership from the outfield

Meet Our Speaker



**Klaus
Hopfensperger**

Current Role:

U12 Southeast Little
League Coach

Playing Background:

Born in Regensburg (45
years old)

Several years in 1.

Bundesliga with

Regensburg Legionäre

German National Team

Player

Primary Position: Right

Field

Convention Topic

- Outfield

Outfield

Klaus Hopfensperger

Wo spielen die schlechtesten Spieler? Auf welcher Position passieren Fehler, die am meisten Bases kosten?

Wie kommunizieren Outfielder untereinander. Wie Kommunizieren Outfielder mit dem Rest der Mannschaft.

Wie stellt der Trainer sein Outfield auf?

Drei goldene Regeln:

1. Immer Vollgas laufen
2. Nie rückwärts laufen
3. Ball über dem Kopf fangen.

Der ideale Outfielder:

- Kommt immer von hinten durch den Ball
- Trifft seinen Cut Off immer im Gesicht
- Weis immer wohin das nächste play geht
- Deckt jedes Play ab - 9 von 10 Mal läuft man umsonst. Sei der Held!

Outfield Übungen

- Der Jump – der erste Schritt zählt!
- Laufübungen – wenn der Kopf hüpfte, dann hüpfte auch der Ball.
- Football Drills – Intuitive Übungen
- Heavy Ball Übungen
- Tennisbälle fangen
- Beteyah drills

Ball richtig lesen – Alles über dem Visor vom Cap geht nach hinten.

Nicht nur zum Ball kommen, sondern in die ideale Position um zu der richtigen Base werfen zu können.

Flyballs lesen lernt man nur während BP. Challenge Spiele – 500 Punkte.

Meet Our Speaker



Simon Gühring

Playing Career

- German Baseball Bundesliga debut 2001 – Heidenheim Heideköpfe
- Professional player, Milwaukee Brewers Organization (2002–2003)
- Dutch Major League (Hoofdklasse) 2004 – ADO Den Haag
- Active Bundesliga player with Heidenheim Heideköpfe since 2001
- All-time hits leader in the German Baseball Bundesliga
- Only player with 1,000+ career hits in Bundesliga history
- National Team
- German Senior National Team player 2000–2022
- German U18 National Team player 1999–2021
- National Team Captain 2004–2022

Championships & Titles

- 8× German Bundesliga Champion
- (2009, 2015, 2017, 2019, 2020, 2021, 2023, 2025)
- 2× European Champion (2019, 2025)

Coaching Experience

- 20+ years of youth baseball coaching experience
- Hitting Coach – Bundesliga Club Heidenheim Heideköpfe
- German U15 National Champion (Head Coach)
- 3× Länderpokal Champion with Baden-Württemberg (BW)
- U23 German National Team – Hitting Coach
 - U23 World Cup Mexico
 - European Championships Slovenia / Czech Republic

Convention Topic

- Teaching Throwing Mechanics
- Catching: 101

Teaching Throwing Mechanics

Simon Gühring

Throwing

1. Grip & Set Position

- Correct grip (two fingers across the seams, thumb underneath)
- Face partner, athletic stands
- Glove and throwing hand together at chest height
- Turn upper body as hands move into throwing position
- Elbow up, forearm horizontal, thumb down
- **Throw - making sure, fingers get on top of ball at release**

Drills: grip check, mirror work, dry reps (no throw)

2. Rock Back & Hand Separation

- Glove and throwing hand together at chest height rock back to load weight
- Rock back to load weight while separating the hands Glove goes forward to target
- Throwing arm moves into throwing slot
- **Finish with fingers on top of the ball and with throwing hand outside of front knee**

Drills: rock-and-separate drill, one-knee throws

3. Full Throwing Motion

- Stride directly toward target
- Hips lead, shoulders follow
- Elbow leads the hand
- Release out front
- Finish with fingers pulling down over the ball
- Follow through, throwing hand finishes outside front knee

Drills: step-behind throws, slow-motion throws, catch-play progression-shuffle

Catching: 101

Simon Gühring

Catcher Development Key Traits:

- Mobility
- Communication & leadership
- Focus & game awareness
- Proper technique is the foundation for all new catchers.

1. Stance

- Primary
- Balanced, comfortable
- Big target with the glove
- Throwing hand protected
- Secondary (Runners On)
- Ready to block & throw
- Full foot down, wide base
- Hips at knee height
- Glove open, fingers up

Drills: stance reps, mirror work

2. Receiving

- Quick hands, elbows bent
- Catch out front
- Fingers around ball, firm wrist
- Be early—don't "arrive with the ball"

Drills:

bare-hand (soft balls), finger control, low-pitch technique, short hops, rapid fire, wall reaction

3. Throws to Bases

- Secure ball in hand (not web)
- Quick transfer in front
- Right foot under chin
- Left foot to target
- Weight stays back
- "Bow and arrow" arm position

Drills: photo transfer, knee transfer, slow motion, transfer-first sequencing

4. Blocking

- Mental readiness first
- Glove leads
- Throwing hand behind glove
- Chin down, elbows tight

Drills:

4-step progression, straight/angle blocks, left/right blocks, decision drills

5. Bunt Plays

- Get body aligned to target
- Scoop rolling balls
- Fork technique on dead balls
- Create space from runline

Drills: bunt fielding with momentum

Meet Our Speaker



Prof. Dr. Chris Englert

Abteilung Sportpsychologie,
Goethe-Universität Frankfurt

Convention Topic

- Umgang mit Druck und Rückschlägen im Nachwuchsbaseball

Umgang mit Druck und Rückschlägen im Nachwuchsbaseball

Prof. Dr. Chris Englert

Abstract

Choking under Pressure beschreibt eine signifikante Leistungsverschlechterung in Drucksituationen im Vergleich zu einer neutralen Situation (Beilock & Carr, 2001; Mesagno & Beckmann, 2017). Diese Leistungseinbußen lassen sich auf ein erhöhtes Angsterleben zurückführen, das wiederum die Aufmerksamkeitsregulation beeinträchtigen kann. Häufig weisen Spieler v. a. in Drucksituationen eine beeinträchtigte Präzision auf und nehmen Störreize vermehrt wahr (Abernethy et al., 2007), sodass bspw. ein Pitcher im letzten Spielabschnitt vermehrt auf Zuschauerreaktionen achtet und infolgedessen schlechter abschneidet als in einer neutralen Spielsituation (vgl. Englert, 2015). Im vorliegenden Vortrag soll zum einen erklärt werden, welche psychologischen Faktoren zum Choking beitragen und zum anderen, wie es verhindert werden kann. Darüber hinaus sollen konkrete Interventionsansätze zur Angstreduktion praktisch demonstriert werden.

Kurzvita

Chris Englert studierte Psychologie an den Universitäten Darmstadt und Mannheim. In Mannheim promovierte Englert 2012 zum Thema „Angst, Selbstkontrolle und motorische Leistung“. Danach folgten Stationen an der Universität Heidelberg und der Universität Bern (Schweiz), an der er im Jahr 2016 seine Habilitation erfolgreich abschloss (Thema „Leistungseinbußen in Drucksituationen: Zur Bedeutsamkeit mentaler Ermüdung“). Ende 2020 folgte Englert dem Ruf auf die Professur für Sportpsychologie an der Technischen Universität

Dortmund. Seit September 2021 leitet er den Arbeitsbereich Sportpsychologie an der Goethe-Universität Frankfurt. Chris Englert ist Gründungsmitglied der Darmstadt Whippets und langjähriger Coach im Baseball Nachwuchsbereich.

Coaching Assessment

Purpose

This assessment evaluates a coach's understanding of fundamental baseball concepts, situational awareness, and player-first decision making at the youth level (8U-12U).

Scenario Based Questions

Write the letter of the best answer in the space provided:

A - 0 outs at the beginning of the play

B - 1 out at the beginning of the play

C - 2 outs at the beginning of the play

_____ 1. The best time to be aggressive trying to score from second on a base hit is with

_____ 2. The best time to tag up from second base on a fly ball is with

_____ 3. The best time to steal third base (outs matter most) is with

_____ 4. The best time to try to go from first to third on a base hit is with

_____ 5. The best time to be aggressive tagging from second base is with

Coaching Assessment

True or False

- _____ 1. With a runner on first and no outs, bunting toward first base can be effective at the youth level.
- _____ 2. With runners on first and third and less than two outs, the runner on third should automatically break home on a ball hit back to the pitcher.
- _____ 3. On a pop-up behind second base, middle infielders must communicate loudly and clearly.
- _____ 4. In a tie game late, with a runner on third and less than two outs, outfielders should prioritize keeping the ball in front of them.
- _____ 5. A runner on first should find the ball first, then the third base coach, when rounding second base.
- _____ 6. With a runner on second and one out, hitting the ball to the right side can help move the runner.
- _____ 7. With a runner on third and less than two outs, the hitter's priority is putting the ball in play.
- _____ 8. In a sacrifice bunt situation, the hitter should square early enough to show intent to bunt.

Coaching Assessment

Multiple Choice: Game Awareness

1. Runner on first base. A bunt attempt is fouled off.

What should the offense focus on next?

- a. Stay simple and execute the next pitch
- b. Swing away only
- c. Steal immediately
- d. Call timeout and reset signs

2. Runners on first and third with less than two outs.

What is the best hitting mindset for youth hitters?

- a. Hit the ball hard somewhere fair
- b. Try to hit a home run
- c. Take pitches only
- d. Pull the ball only

3. A balk is called before the pitch is thrown. What should the hitter do?

- a. Swing anyway
- b. Step out and reset
- c. Take the pitch
- d. Either B or C

4. In a 1-2 count, what is the goal for the pitcher?

- a. Throw a strike down the middle
- b. Expand the zone slightly
- c. Throw as hard as possible
- d. Hit the batter

Coaching Assessment

Short Answer

Answer using clear, teachable youth-level language.

1. Where should you bunt with a runner on first?
2. Where should you bunt with a runner on second?
3. Where should you bunt with runners on first and second?
4. What is the goal of a safety squeeze?
5. Runner on first. Bunt play is on. The ball is popped up in front of the pitcher but is not caught. Where is the best throw and why?
6. One out. Runners on first and second. Ball hit back to the pitcher. What is the first priority throw?
7. What is the hitting approach with a runner on third and less than two outs?
8. Runners on second and third, no outs. What is the hitter's primary job?
9. On an infield pop-up near the mound, who has priority and why?
10. List the position numbers (1–9).
11. When should a youth infielder look for a back pick?
12. What is the difference between a squeeze bunt and a safety squeeze?
13. (Batter responsibility + runner responsibility)
14. Runners on first and third. A pop-up is hit near first base in fair territory. Where should the pitcher move?
15. What does count leverage mean for a hitter or pitcher? (Choose one)
16. With a runner on second and a ball hit to the outfield, what should the outfielder's first thought be?
17. Pitchers: How should pitch selection change depending on the count?
18. In first-and-third offense, when should the runner on third break for home?



DANKE,
DASS DU HIER WARST!

