



# NATIONAL FASTPITCH COACHES ASSOCIATION COACHES CLINICS

## NASHVILLE 2024

Marriott Franklin Cool Springs  
700 Cool Springs Blvd., Franklin, TN 37067

Friday, January 5, 2024

11:30am-1:00pm	<b>Clinic Registration &amp; Visit the Exhibits</b>
1:00-1:45pm	Coach Rachel Lawson (Kentucky) <b>“Organizing Practice to Produce Game-Day Results”</b>
1:50-2:35pm	Coach Cindy Bristow (UC Riverside) <b>“Helping Your Pitcher's Mental Game”</b>
2:35-3:00pm	<b>BREAK</b> ( <i>Visit the Exhibits</i> )
3:00-3:45pm	Coach Brandon Elliott (Virginia Wesleyan) <b>“Outfield Play: You Can't Win Without Them”</b>
3:50-4:35pm	Coach Sharonda McDonald-Kelley (Michigan State) <b>“Hitting Drills and Circuits for Success”</b>
4:40-5:25pm	Coach Lauren Lappin (Arizona) <b>“Recruiting Myths and Truths”</b>
5:30-7:00pm	<b>DINNER BREAK</b> ( <i>Visit the Exhibits</i> )
7:00-7:45pm	Coach Rachel Lawson (Kentucky) <b>“Spice Up Your Bullpen Sessions”</b>
7:50-8:35pm	Coach Cindy Bristow (UC Riverside) <b>“Team Practice Drills that Make Everyone Better”</b>
8:40-9:00pm	<b>Coaches Panel (Q&amp;A with all speakers)</b>
9:00-10:30pm	<b>Coaches Social Hour presented by Legacy Event Management</b>



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Saturday, January 6, 2024

8:00-8:45am	Coach Rachel Lawson (Kentucky) <b>"The Game within the Game: Fundamental Concepts of Pitch Calling"</b>
8:50-9:35am	Coach Lauren Lappin (Arizona) <b>"High Intensity Infield Drills"</b>
9:40-10:25am	Coach Brandon Elliott (Virginia Wesleyan) <b>"Baserunning 101: Putting Pressure on the Defense"</b>
10:25-10:55am	<b>BREAK (Visit the Exhibits)</b>
10:55-11:40am	Coach Sharonda McDonald-Kelley (Michigan State) <b>"Strength &amp; Conditioning for Softball Athletes"</b>
11:45am-12:30pm	Coach Cindy Bristow (UC Riverside) <b>"Developing Quality Hitters Using Efficient Practice Plans"</b>
12:30-1:45pm	<b>LUNCH BREAK (Visit the Exhibits)</b>
1:45-2:30pm	Coach Lauren Lappin (Arizona) <b>"Building an Elite Catcher"</b>
2:35-3:20pm	Coach Sharonda McDonald-Kelley (Michigan State) <b>"Slapping Strategies &amp; Drills"</b>
3:25-4:10pm	Coach Brandon Elliott (Virginia Wesleyan) <b>"#OUTLOVE: Team Culture Wins"</b>
4:10pm	<b>Drawings/Giveaways for all equipment on stage</b> Bownet Bodyguard Net (\$261.99); ProMag Lite tee (\$89.99); Bownet Big Mouth X Net (\$167.99); Bownet Fungo Bat (\$99.99); One dozen softballs with NFCA logo (\$74.99)

NATIONAL FASTPITCH COACHES ASSOCIATION  
2641 Grinstead Drive • Louisville, KY 40206 • 502-409-4600 • [NFCA.org](http://NFCA.org)  
Innovate. Inspire. Coach.