



NATIONAL FASTPITCH COACHES ASSOCIATION COACHES CLINICS

MINNEAPOLIS 2026

Doubletree Minneapolis Airport
2020 American Boulevard East, Bloomington, MN 55425

Friday, January 16, 2026

11:30am-1:00pm	Clinic Registration & Visit the Exhibits
1:00-1:45pm	Coach Justin Shults (Boise State) "In-Season vs. Off-Season Hitting Plans"
1:50-2:35pm	Coach Yvette Healy (Wisconsin) "It All Starts Here: Throwing Progression and Drills"
2:35-3:00pm	BREAK (Visit the Exhibits)
3:00-3:45pm	Coach Jo Evans (UCSB) "Team Defense Wins Championships"
3:50-4:35pm	Coach Melissa Frost (UIndy) "Creative Bullpen Workouts"
4:40-5:25pm	Coach Yvette Healy (Wisconsin) "Developing a Dynamic Practice"
5:30-7:00pm	DINNER BREAK (Visit the Exhibits)
7:00-7:45pm	Coach Stacy May-Johnson (Iowa) "Building a Culture of Competitiveness"
7:50-8:35pm	Coach Melissa Frost (UIndy) "Strength & Conditioning for Pitchers & Catchers"
8:40-9:00pm	Coaches Panel (Q&A with all speakers)
9:00-10:00pm	Coaches Social Hour Meet & Greet

NATIONAL FASTPITCH COACHES ASSOCIATION
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Saturday, January 17, 2026

8:00-8:45am	Coach Yvette Healy (Wisconsin) "Putting Pressure on the Defense: Baserunning & the short game"
8:50-9:35am	Coach Melissa Frost (UIndy) "Limited Staff & Time? No Problem! Creative Practice Planning"
9:40-10:25am	Coach Jo Evans (UCSB) "Defense 101: What Every Position Player Should Know"
10:25-10:55am	BREAK (<i>Visit the Exhibits</i>)
10:55-11:40am	Coach Justin Shults (Boise State) "The Evolution of Leadership"
11:45am-12:30pm	Coach Stacy May-Johnson (Iowa) "Generating Runs: A Guide to Situational Hitting"
12:30-1:45pm	LUNCH BREAK (<i>Visit the Exhibits</i>)
1:45-2:30pm	Coach Jo Evans (UCSB) "Advanced Outfield Play"
2:35-3:20pm	Coach Stacy May-Johnson (Iowa) "Training High-Level Infielders"
3:25-4:10pm	Coach Justin Shults (Boise State) "My Favorite Hitting Drills"
4:10pm	Drawings/Giveaways for all equipment on stage Bownet Bodyguard Net ProMag Lite tee Bownet Big Mouth X Net Bownet Fungo Bat One dozen softballs with NFCA logo

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