



NATIONAL FASTPITCH COACHES ASSOCIATION COACHES CLINICS

CHICAGO I 2025

Hilton Chicago / Northbrook
2855 Milwaukee Ave., Northbrook, IL 60062

Friday, December 5, 2025

11:30am-1:00pm	Clinic Registration & Visit the Exhibits
1:00-1:45pm	Coach Lauren Lappin (Arizona) "High Intensity Infield Drills"
1:50-2:35pm	Coach Lance McMahon (Alabama) "A Step-By-Step Guide to Learning a New Pitch"
2:35-3:00pm	BREAK (Visit the Exhibits)
3:00-3:45pm	Coach Cody White (North Texas) "Baserunning Strategies to Score More Runs"
3:50-4:35pm	Coach Lauren Lappin (Arizona) "High-Level Catching"
4:40-5:25pm	Coach Sharonda McDonald-Kelley (Michigan State) "Slapping Strategies & Drills"
5:30-7:00pm	DINNER BREAK (Visit the Exhibits)
7:00-7:45pm	Coach Brandon Elliott (Virginia Wesleyan) "#OUTLOVE: Team culture wins"
7:50-8:35pm	Coach Lauren Lappin (Arizona) "Creating a Complete Offense"
8:40-9:00pm	Coaches Panel (Q&A with all speakers)
9:00-10:00pm	Coaches Social Hour Meet & Greet

NATIONAL FASTPITCH COACHES ASSOCIATION
2641 Grinstead Drive • Louisville, KY 40206 • 502-409-4600 • [NFCA.org](https://www.nfca.org)
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Saturday, December 6, 2025

8:00-8:45am	Coach Lance McMahon (Alabama) "Understanding Recruiting: Where do I start?"
8:50-9:35am	Coach Cody White (North Texas) "Elevating Your Team Defense"
9:40-10:25am	Coach Sharonda McDonald-Kelley (Michigan State) "Hitting Drills and Circuits for Success"
10:25-10:55am	BREAK (Visit the Exhibits)
10:55-11:40am	Coach Brandon Elliott (Virginia Wesleyan) "Where Games Are Won: The vital role of the outfield"
11:45am-12:30pm	Coach Lance McMahon (Alabama) "Pitch calling & in-game pitching strategies"
12:30-1:45pm	LUNCH BREAK (Visit the Exhibits)
1:45-2:30pm	Coach Cody White (North Texas) "Mental Training: Creating leaders in a positive culture"
2:35-3:20pm	Coach Sharonda McDonald-Kelley (Michigan State) "Stronger, Faster, Fiercer: Conditioning the softball athlete"
3:25-4:10pm	Coach Brandon Elliott (Virginia Wesleyan) "Controlled Chaos: Creating pressure on the bases 60ft at a time"
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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