



アジアの絆を強くする。

ASIAcenter
JAPAN FOUNDATION



2019 Guidelines for the baseball coaches to the training program for ASEAN countries

1 Purpose

To train baseball players the presence of a leader who sees, polishes, and develops individual abilities such as aptitude and physical ability of the players is an important factor. the training of instructors is a pressing issue as it is essential for the promotion of, and improving the level of, baseball in developing countries. We will take about 30 candidates for coaching training in Indonesia from several ASEAN countries (Indonesia, Philippines, Singapore, Vietnam, Malaysia, Brunei, Sri Lanka, and East Timor). We are aiming to expand the training of national leaders in their home countries by teaching the methods of Japanese baseball in the style of a training camp.

2 Goals of overseas players : Program content

① Attainment Goals

It is hoped that, through the teaching of advanced baseball players from Japan, overseas players will learn how to develop human resources through coaching, to help them become baseball leaders, and connect them with leaders in the baseball field in their own country.

② Action goals

- (1) Be able to explain the rules of baseball
- (2) Be able to explain basic throwing action, catching action, and hitting action.
- (3) Be able to explain the basic psychology of baseball.
- (4) Be able to explain about the basic mindset in baseball instruction.
- (5) Be able to explain the cycle of PDCA teaching methods.
- (6) Understand the Japanese teaching style by using themselves as models as they receive instruction.
- (7) Be able to implement the teaching method you learned from Japan in your own country and think about how to carry it out, evaluate and improve it.

3 Place

Stadium : Indonesia, Jakarta Rawamangun Stadium

Stadium address : JI. Rawamangun Muka, RT.11/RW.14, Rawamangun, Pulo Gadung, Kota Jakarta Timur,
Daerah Khusus Ibukota Jakarta 13220 INDONESIA

Hotel : MaxOneHotels.com at Pemuda

Hotel address : JI, Pemuda No,9 Rawamangun, Jakarta Timur, Jakarta. INDONESIA

4 Schedule

2019.8.3 Sat - 2019.8.11 Sun ※Training day 2019.8.4 Sun - 2019.8.10 Sat

5 Sponsor • cooperating organizations

Sponsor: Toto University Junkoshiki Baseball Association (JAPAN)

In cooperation with: BIC Indonesia (INDONESIA)

6 Questions

If you have any questions, or anything is unclear, please ask. tohto.junkoshiki@gmail.com

7 Remarks

This training program the Japanese government have recognized the occasion with a certificate. In addition Japan and other ASEAN countries have been central to maintaining respect for the diversity and identities of Asians. Now to aid in making new Asian culture, The Japan Foundation Asia Center, Asian Cultural Cooperation section has gifted money towards the running of this training program.



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8 Detailed Schedule

●3/8/2019 (Sat)

TIME	PROGRAM
21 : 00~	First meeting in Hotel Purpose of the program meeting

●4/8/2019 (Sun) ability measurement

TIME	PROGRAM
9 : 30~10 : 00	Warm-up ・ stretch
10 : 00~10 : 30	Catch ball
10 : 30~10 : 45	Break time
10 : 45~12 : 00	Infielder and Outfielder Defense Work
12 : 00~12 : 15	Break time
12 : 15~13 : 00	Pitcher work
13 : 00~13 : 15	Break time
13 : 15~14 : 00	Catcher work
14 : 00~	Moving to hotel Break time Lunch
16 : 30~17 : 30	Strength & condition class by NSCA Japan
18 : 00~20 : 30	Important point lesson (batting)
20 : 30~	Moving to hotel
21 : 00~	Dinner
21 : 30~22 : 00	Look-back on the day and write a diary
22 : 00~22 : 30	Conversation
	End



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●5/8/2019 (Mon) Important point lesson defense and batting

TIME	PROGRAM
9 : 30~	Gather on the ground ・ warm-up ・ stretch
10 : 00~10 : 30	How to be base running ①run through the first base ②base hit situation ③double hit situation
10 : 30~12 : 00	Important point lesson① (Defense) to review yesterday's lesson 【fielder】 ①How to catch ball is effective ②How to receive 【pitcher】 ①pitching ・ fielding ・ pickoff throw ②basic skills of pitcher
12 : 00~13 : 00	Break time Lunch
13 : 00~16 : 00	Important point lesson② (batting) change in the way of batting ※swing pass ・ inside front
16 : 00~16 : 15	The maintenance on the grounds
16 : 15~	Moving to hotel
18 : 00~	Dinner
19 : 00~20 : 00	Strength & condition class by NSCA Japan
20 : 00~20 : 30	Look-back on the day and write a diary
20 : 30~21 : 00	Conversation
	End



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●6/8/2019 (Tue) Important point lesson base run and batting

TIME	PROGRAM
9 : 30~	Gather on the ground ▪ warm-up ▪ stretch ▪ base running
10 : 00~11 : 00	Important point lesson③ (base run) How to run the base is effective (start ▪ leave ▪ back ▪ steal)
11 : 00~12 : 00	Important point lesson④ (fielding of pitcher)
12 : 00~13 : 00	Break time Lunch
13 : 00~16 : 00	Important point lesson② (batting) ①change in the way of batting ※swing pass ▪ inside front ②How to get in a timing
16 : 00~16 : 15	The maintenance on the grounds
16 : 15~	Moving to hotel
18 : 00~	Dinner
19 : 00~20 : 00	Strength & condition class by NSCA Japan
20 : 00~20 : 30	Look-back on the day and write a diary
20 : 30~21 : 00	Conversation
	End



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●7/8/2019 (Wed) demonstration game

TIME	PROGRAM
9 : 30~	Gather on the ground ▪ warm-up ▪ stretch ▪ base running
10 : 00~10 : 30	Preparatory of game
10 : 30~12 : 00	A team to B team by game
12 : 00~13 : 00	Break time Lunch
13 : 00~13 : 30	Look-back on the game and teach the point
13 : 30~14 : 00	Warm-up ▪ stretch
14 : 00~16 : 00	A team to B team by game
16 : 00~16 : 15	The maintenance on the grounds
16 : 15~	Moving to hotel
18 : 00~	Dinner
19 : 00~20 : 00	Strength & condition class by NSCA Japan
20 : 00~20 : 30	Look-back on the day and write a diary
20 : 30~21 : 00	Conversation
	End



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●8/8/2019 (Thu) Important point lesson cooperation of defense and batting

TIME	PROGRAM
9 : 30~	Gather on the ground ・ warm-up ・ stretch ・ base running
10 : 00~12 : 00	Important point lesson① (defense) (1) How to catch ball is effective review (2) knock of each position (3) How to relay play
12 : 00~13 : 00	Break time Lunch
13 : 00~16 : 00	Important point lesson② (batting) ①change in the way of batting ※swing pass ・ inside front ②How to get in a timing
16 : 00~16 : 15	The maintenance on the grounds
16 : 15~	Moving to hotel
18 : 00~	Dinner
19 : 00~20 : 00	Strength & condition class by NSCA Japan
20 : 00~20 : 30	Look-back on the day and write a diary
20 : 30~21 : 00	Conversation
	End



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●9/8/2019 (Fri) Cooperation of defense and batting and simulated game

TIME	PROGRAM
9 : 30~	Gather on the ground ・ warm-up ・ stretch ・ base running
10 : 00~11 : 30	Free batting
11 : 30~12 : 00	Fielding practice
12 : 00~13 : 00	Break time Lunch
13 : 00~13 : 30	Warm-up ・ stretch
13 : 30~16 : 00	A team to B team by game
16 : 00~16 : 15	The maintenance on the grounds
16 : 15~	Moving to hotel
18 : 00~	Dinner
19 : 00~20 : 00	Strength & condition class by NSCA Japan
20 : 00~20 : 30	Look-back on the day and write a diary
20 : 30~21 : 00	Conversation
	End



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●10/8/2019 (Sat) Follow - up training

TIME	PROGRAM
9 : 30~	Gather on the ground ▪ warm-up ▪ stretch ▪ base running
10 : 00~12 : 30	follow - up training for subject player by the day before batting and defense and pitching
12 : 30~13 : 00	Take a photo
13 : 00~	Moving to hotel
16 : 00	Moving to airport

end