



20th EBCA Convention Antwerp, Belgium 2025

Version: 31 October 2025

Day	Time		Room	Speaker	Topic
Friday, Nov. 7					
	16:30		Hallway		Registration
	18:00 - 18:15	15 min	Main Room	Clinic Leader & EBCA President	Opening Remarks
S.1	18:15 - 19:00	45min	Main Room	Vaugh Robinson	Show & go? Let's map it out (Practice Design Part I)
S.2	19:05 - 19:50	45min	Main Room	Jim Cahill	One knee down vs traditional catching
	19:50 - 20:05	15 min			Break
S.3 Baseball	20:05 - 20:50	45min	Main Room	Ubaldo Jimenez	Using the Strike Zone/Pitching to Contact
S.3 Softball	20:05 - 20:50	45 min	Breakout Room	Becky Cahill	Infield Drills
	21:00		Breakout Room		Welcome Drink
Saturday, Nov. 8					
	08:00		Hallway		Registration
	08:00 - 09:00		Hallway		Welcome Coffee, Tea & a Slice of Cake
S.4	09:00 - 09:45	45min	Main Room	Rian de Boer	Is Strenght Enough? A motor control approach to S&C - Part I
S.5 Baseball	09:50 - 10:35	45min	Main Room	Sven Hendrickx	Just send' em - Coaching the Bases
S.5 Softball	09:50 - 10:35	45 min	Breakout Room	Becky Cahill	A game of inches & miliseconds (Baserunning)
	10:35 - 10:50	15min			Break
S.6	10:55 - 11:35	45min	Main Room	Jim Cahill	Infield Practice Routines
S.7	11:40 - 12:15	45min	Main Room	Weston Lombard	Using the Mustard App to improve a Pitchers Mechanics and Daily Routines
S.8	12:20 - 13:05	45min	Main Room	Rian de Boer	Is Strenght Enough? A motor control approach to S&C - Part II
	13:05 - 14:30	85min	Hotel Restaurant		Lunch Break
S.9 Baseball	14:30 - 15:15	45min	Main Room	Vaugh Robinson	Practice Design Part II
S.9 Softball	14:30 - 15:15	45min	Breakout Room	Saskia Kosterink	Kinetic chain of hitting
S.10 Baseball	15:20 - 16:05	45min	Main Room	Ubaldo Jimenez	Pitching Routines
S.10 Softball	15:20 - 16:05	45min	Breakout Room	Pia Bartraij	Training the Decision-Maker in Softball
	16:05 - 16:35	30min	Main Room		EBCA Announcements
Session 11	16:35 - 17:20	45min	Main Room	Luc Van Laere	Dealing with stress, anxiety, and aggression
Session 12	17:25 - 18:10	45min	Main Room	All Clinicians	Q&A - Hot Stove
	19:30		Restaurant	19:20 Shuttle Bus	Extra Innings Dinner @ Amadeus Restaurant
Sunday, Nov. 9					
	08:30		Hallway		Registration
S.13 Baseball	09:00 - 09:45	45min	Main Room	Vaughn Robinson	Teaching the Skills That Make the Game Move
S.13 Softball	09:00 - 09:45	45min	Breakout Room	Becky Cahill	Enabling Players to Lead Each Other
S.14 Baseball	09:50 - 10:35	45 min	Main Room	Pia Bartraij	Training the Decision-Maker in Baseball
S.14 Softball	09:50 - 10:35	45 min	Breakout Room	Saskia Kosterink	Approach and Mindset
	10:35 - 11:05	30 min			Raffle Winners / Break
S.15 Baseball	11:05 - 11:50	45min	Main Room	Sven Hendrickx	Baseball is 90% mental
S.15 Softball	11:05 - 11:50	45min	Breakout Room	Jim Cahill	Outfield Practice Routines
	11:50 - 13:15	85min	Hotel Restaurant		Check out + Lunch
S.16	13:15 - 14:00	45min	Main Room	Ubaldo Jimenez	Taking care of your arm
	14:05 - 14:20	15min	Main Room	Clinic Leader	Final Thoughts; Goodbye

