

# Lizzet Sabins

Third Base Coach

## Profile

I have over three years of experience coaching third base for professional baseball teams. I am knowledgeable in all aspects of the game and excel at teaching players the fundamentals of hitting, fielding, and baserunning. I also have a strong understanding of advanced strategies and how to implement them into game situations. My communications skills are excellent, which allows me to effectively relay information to players and staff members. I am highly motivated and always work hard to help my team win ballgames.

## Employment History

### Third Base Coach at Jostens, UT

Jun 2022 - Present

- Led team to a .500 batting average.
- Trained infielders on proper footwork and glove work.
- Organized successful hitting clinics for local youth players.
- Helped turn two double plays in one game.
- Threw out three runners at third base during the season.

### Assistant Third Base Coach at Herff Jones, UT

Aug 2019 - May 2022

- Led team to a record of 95-67, qualifying for the playoffs.
- Helped develop players that went on to have successful careers in MLB.
- Coached third base during playoff games and World Series game 7s.
- Was part of coaching staff that won 3 straight division titles (2012-2014).
- 1 World Series title (2013) with the Boston Red Sox.

## Certificates

### USA Baseball Third Base Coach Certification

Mar 2021

### American Baseball Coaches Association (ABCA) Third Base Coach Certification

Nov 2019

## Memberships

Major League Baseball (MLB)

National Baseball Coaches Association (NBCA)

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📍 9876 Main St, Sandy, UT 84070

## Education

### High School Diploma at West High School, UT

Sep 2014 - May 2019

I have learned how to read, write, and do math.

## Links

[linkedin.com/in/lizzetsabins](https://www.linkedin.com/in/lizzetsabins)

## Skills

Baseball

Third Base

Coaching

Strategy

Training

Motivation

## Languages

English

Japanese

## Hobbies

Coaching youth baseball/softball

Fishing

Golf