

Monday - Hitting focus

9:00 am - Introductions, camp rules

9:15 am - Talk to campers how to hold the bat, hitting mechanics

9:20 am - Go over hitting stations - balance beam, kick the bucket, bunting, inside outside

Stations should go 10-15 minutes with 3 campers in a group. Use 2 tunnels for drills, Hit Trax to load individuals into computer  
After 30 minutes of drills take a 10 minute break and then do another 30 minutes of drill and again a 10 minute break

11:00 am - Set up 3 tunnels with hitting games, Hit Trax Homerun Derby, other 2 tunnels set up a tee. Have them hit 10 balls to the back of the cage. Rotate every 15 minutes.

Noon - Lunch

12:30 pm - Hit Trax hitting league game

1:50 pm - Camp review of what they learned

2:00 pm - Dismiss

Tuesday - Fielding focus

9:00 am - Players warm up in cage playing catch

9:15 am - Review with players on glove work creeping, mechanics of an infielder

9:20 am - Fielding drills - same as Monday

11:00 am - Same as Monday

Noon - Lunch

12:30 pm - Hit Trax Hitting League game

1:50 pm - Camp review of what they learned

2:00 pm - Dismiss

Wednesday - Base running focus

9:00 am - Play catch - arm up

9:15 am - Talk to campers about base running mechanics; how to lead off, what to look for in regards to pitcher picking off base runner at first and other bases

9:20 am - Work on 2.5 step lead, falling down to bag and walking up on the bag

9:35 am - Take outside in parking lot and work on running through 1st base, rounding bag then take players through 1st to 3rd leading off at 2nd. Talk about knowing where 2nd & 3rd baseman are. Then take them to 3rd base and review tagging up, reading the pitch in the dirt then bring in

10:50 am - Take inside and set up sliding pad, talk about sliding at 1st and feet first

11:15 am - Play hitting games

Noon - Lunch

12:30 pm - Hit Trax hitting league game

1:50 pm - Camp review of what they learned

2:00 pm - Dismiss

Thursday - Throwing mechanics

9:00 am - Players warm up in cage playing catch

9:15 am - Review with players on how to properly throw the baseball

9:20 am - Drills

10:20 am - Throwing games - use target, squares to create games.

11:00 am - Hitting games

Noon - Lunch

12:30 pm - Hit Trax hitting league game

1:50 pm - Camp review

2:00 pm - Dismiss

