



Daily Agenda: Monday

- 8:45 – 9:00** Registration / Infield & Outfield Drills as Campers Arrive
- 9:00 - 9:10** Warm-up: Speed & Quickness
- 9:10 - 9:20** Devotion
- 9:20 – 9:30** Stretching
- 9:30 - 9:40** Catching/Throwing Warm-Ups:
- Knee Drill
 - Sideways: Point Throwing Elbow, Step, Throw & Follow-Through
 - Long-Toss Throw & Catch Competition Drill
 - Quick Hands Hot Potato Drill
 - Scoop Drill
- 9:40 – 9:50** Water Break / Bathroom Break
- 9:50 – 11:20** Offensive Stations & Drills: Group Review of Hitting Mechanics
- 1) Stationary Hitting: Batting Tee Drills (Left Field)
 - 2) Quick Bat Drills: Whiffle Balls (Right Field)
 - Whiffle Balls
 - Plastic Golf Balls
 - Skinny Bat Drills
- *** Water Break



Daily Agenda: Monday (cont.)

9:50 – 11:20

Offensive Stations & Drills (cont.)

5 - 8 Yr. Old Sessions

3) Baserunning: The Basics

4) “YoGod” Yoga

9 – 12 Yr. Old Sessions

+ Situations, Lead-Offs, Stealing, etc.

+ Advanced Postures / Sequencing

11:20 - 11:30

*** Bathroom / Water Break

11:30 - 12:00

Lunch Break

CAMPERS: Bring your own Lunch & Water Bottles

12:00 - 12:50

Scrimmage Game

12:50 - 1:00

Camp Huddle/Adjourn



Daily Agenda: Tuesday

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9:50 – 11:20	Defensive Stations / Drills: Group Review of Fielding Techniques												
	<table><thead><tr><th><u>5 – 8 Yr. Old Sessions</u></th><th><u>9 – 12 Yr. Old Sessions</u></th></tr></thead><tbody><tr><td>1) Infield: Grounders</td><td>Infield: + Paddle Work, Backhand, etc.</td></tr><tr><td>2) Outfield: Fly Balls</td><td>Outfield: + Turn & Run Drills, Fence Drills</td></tr><tr><td>***Water Break</td><td></td></tr><tr><td>3) Throwing Drills</td><td>Pitching / Throwing Mechanics</td></tr><tr><td>4) Baserunning: Situations</td><td>Infield/Outfield: Cut-Off Man Drills</td></tr></tbody></table>	<u>5 – 8 Yr. Old Sessions</u>	<u>9 – 12 Yr. Old Sessions</u>	1) Infield: Grounders	Infield: + Paddle Work, Backhand, etc.	2) Outfield: Fly Balls	Outfield: + Turn & Run Drills, Fence Drills	***Water Break		3) Throwing Drills	Pitching / Throwing Mechanics	4) Baserunning: Situations	Infield/Outfield: Cut-Off Man Drills
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Daily Agenda: Tuesday (cont.)

- 11:20 - 11:30** *** Bathroom / Water Break
- 11:30 - 12:00** Lunch Break
CAMPERS: Bring your own Lunch & Water Bottles
- 12:00 - 12:50** Scrimmage Game
- 12:50 - 1:00** Camp Huddle/Adjourn



Daily Agenda: Wednesday

- 8:45 – 9:00** Registration / Infield & Outfield Drills as Campers Arrive
- 9:00 - 9:10** Warm-up: Speed & Quickness
- 9:10 - 9:20** Devotion
- 9:20 – 9:30** Stretching
- 9:30 - 9:40** Catching/Throwing:
- Knee Drill
 - Sideways: Point Throwing Elbow, Step, Throw & Follow-Through
 - Long-Toss Throw & Catch Competition Drill
 - Quick Hands Hot Potato Drill
 - Scoop Drill
- 9:40 – 9:50** Water Break / Bathroom Break
- 9:50 – 11:00** Specialty Stations: Group Review of Bunting

5 – 8 Yr. Old Sessions

- 1) Infield: Knock-Out
- 2) Outfield: Fly Balls-Tennis
- 3) Cage Work: Front Toss
- 4) Whiffle Ball Drills

9 – 12 Yr. Old Sessions

- Run-Downs / Pickle Drills
- Pitching & Catching Drills
- Cage Work: Front Toss / Bunting
- Infield: Double-Plays, Slow Rollers, etc.



Daily Agenda: Wednesday (cont.)

- 11:00 – 11:30** Sliding Practice on Slip-N-Slide: Surprise for Campers Please!!!
CAMPER PARENTS: Pack A Towel on Wednesdays Please!!!
- 11:30 - 12:00** Lunch Break
CAMPERS: Bring your own Lunch & Water Bottles
- 12:00 - 12:50** Scrimmage Game
- 12:50 - 1:00** Camp Huddle/Adjourn



Thursday: Special Activities – PARENTS WELCOME

8:45 – 9:00	Infield & Outfield Drills as Campers Arrive
9:00 - 9:10	Warm-ups /Stretching
9:10 - 9:20	Devotion
9:20 - 9:30	Catching / Throwing Drills: Knee / Step & Throw
9:30 – 11:20	Skill Competitions: Separate Competitions for 2 Age Groups:

American League: 12 Youngest National League: 12 Oldest

- Golden Arm: (Throwing Accuracy)
- Road-Runner (Timed Run from Home to Home)
- Ground Ball Knock-Out: Using Fielding Pads
- Pop-Fly Knock-Out: Game with Mile-High Tennis Balls
- Home-Run Derby: Home Plate Relocated to the Outfield...Points for Home Run over the Fence, Line Shots into the Fence and and Hard Grounders !

11:20 -11:30	Bathroom Break
11:30 -12:00	Lunch
12:00 -12:30	Backwards Baseball: Parents bring your gloves and join in the fun!



Thursday Agenda (cont.)

12:30-1:00

Award Ceremony

- Award Presentation to Skill Competition Winners
- Award Presentation to Each Participant: Recognizing Each Player for their Special Gifts / Talents
- Distribute Player Progress Reports prepared by coaches
- Distribute Parent Camp Evaluation Surveys: Feedback on Camp!