



Day 1 Agenda

8:45-9:00 Check In

- Players will check in between at the Pavilion
- Players will be sent to a predetermined field where a HS/College player will instruct them where to store their equipment for the day
- We will use fence posts on the foul lines to space the players out

9:00-9:10 Plyos and Stretching Routine

- Players will run and stretch in groups of 10
- We will use as many fields and foul lines as necessary
- HS/College Players will be in charge of running warm ups

9:10-9:20 Throwing Program

- Players will throw in the same area they warm up

Focus-

- Four Seam Grip
- Imparting Backspin

9:20-9:45 Primary Position Work/Camp Activity

Older Players will get time every day to focus on their primary position. We will focus on details that we do not touch on during daily rotations

Younger Campers will participate in various camp contest and activities

Camp Activity-Outfield Rescue-Coach Davis and Frawley

Catchers-Coach Post

Infielders-Coach Schmidt and Gemmill

Outfielders-Coach Papio

9:45-9:55 Team Defense: Fly Ball Communication

Camp Split onto Three Fields

- OF Focus-Aggressive Communication
- INF Focus-Priority by position. Go get the baseball until called off

10:00-1:00 Instructional Rotations

STATION	10:00-10:30	10:30-11:00	11:00-11:30	11:30-12:00	12:00-12:30	12:30-1:00
Cages	Group 1	OFF	Group 5	Group 4	Group 3	Group 2
Field BP	Group 2	Group 1	OFF	Group 5	Group 4	Group 3
Pitching	Group 3	Group 2	Group 1	OFF	Group 5	Group 4
Outfield	Group 4	Group 3	Group 2	Group 1	OFF	Group 5
Infield	Group 5	Group 4	Group 3	Group 2	Group 1	OFF
Lunch	OFF	Group 5	Group 4	Group 3	Group 2	Group 1

Pitching: Frawley, Seils

Cages: Gemmill

On Field BP: Davis and Post

Infield: Schmidt, Hughes

OF: Papio, Scott

1:00-1:15 Daily Measureable: 60's & 40's

- Top 5 Times to be Posted on Social Media
- 4 Running Lanes
- Lines must maintain social distancing

1:20-2:50 Coach Pitch Controlled Scrimmages and Extra Hitting

- Campers will be randomly put into teams of 8
- Games will be played on all fields based on age
- Team that are off will get extra hitting in the cages
- Teams will be rotated every 25 minutes
- Coaches will hold a Draft after camp
- Round Robin Camp Tournament starts Tuesday

2:50-3:00 Camper of the Day T Shirt Award

Closure and Dismissal