

Schedule of Events – Sample (Subject to Change)

9:00am Coaches' Address and Baseball Trivia

9:20am Stretch and Dividing of Team

9:45am – 12:15pm Morning Stations

1. Game
2. Game
3. Video/Water/Snack/Off
4. Game
5. Game/Skill Work

12:15pm – 12:45pm Lunch

12:45pm – 1:00pm Afternoon Address and Baseball Trivia

1:00pm Warmup and Team Organizing

1:30pm – 4:00pm Afternoon Stations

1. Game
2. Batting Cage
3. Game
4. Video/Water/Snack/Off
5. Game