

Schedule of Events – Sample 1 (Subject to change)

9:00am Coaches' Address and Baseball Trivia

9:20am Stretch

9:45am – 12:15pm Morning Drill Circuit (150 minutes)

1. Infield/Groundballs
2. Outfield/Flyballs
3. Baserunning
4. Throwing
5. Pitching
6. Hitting/Batting Cage
7. Rest Station-Sunscreen/Water/Snack

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 (150 minutes)

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

Schedule of Events – Sample 2 (Subject to change)

9:00am Coaches' Address and Baseball Trivia

9:20am Stretch

9:45pm – 12:15pm Morning Stations (150 minutes)

1. Infield/Ground Balls
2. Outfield/Fly Balls
3. Game
4. Game
5. Pitching
6. Hitting
7. Rest Station-Sunscreen/Water/Snack

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 Drill Circuit (150 minutes)

1. Baserunning
2. Game
3. Hitting
4. Game
5. Whiffle ball
6. Throwing Development
7. Rest/Sunscreen/Water/Snack