

Baseball Fun & Fundamentals Camp

		Ages 5-8		Tuesday	
8:00am-8:45am		Pre-Camp - Coaches Meeting & Set-up			
		Sign-In & Warm-up			
8:45am-9:05am	Coach	Director	Coach 1	Coach 2	
	Activity	Check-In	Catch with a partner	Catch with a partner	
	Group	All Groups	Red/Green	Blue/Yellow	
	Focus		Organization & Flow	Organization & Flow	
9:05am-9:15am		Camp Orientation - Camp Rules, Club Culture (MEAL PLAN), Life Skill of the Day (Respect the ROOTS), Daily Preview			
9:15am-9:30am	STATION 1		SKILL DEVELOPMENT DRILLS/GAMES		
	Coach	Director	Coach 1	Coach 2	
	Activity	Baseball Throwing/100	Pirate Ship Fortress Edition		
	Group	Red/Green	Blue	Yellow	
	Focus	Correct throwing form	Lower body day, hitting for power, squish the bug		
9:30am-9:45am	STATION 2		SKILL DEVELOPMENT DRILLS/GAMES		
	Coach	Director	Coach 1	Coach 2	
	Activity	Baseball Throwing/100	Pirate Ship Fortress Edition		
	Group	Blue/Yellow	Green	Red	
	Focus	Correct throwing form	Lower body day, hitting for power, squish the bug		
9:45am-9:50am		Water Break			
9:50am-10:05am	STATION 3		SKILL DEVELOPMENT DRILLS/GAMES		
	Coach	Director	Coach 1	Coach 2	
	Activity	Football Routes	Pokemon (Hitting Edition)		
	Group	Red & Green	Blue	Yellow	
	Focus	Two hand catches	Small setp with lead foot		
10:05am-10:20am	STATION 4		SKILL DEVELOPMENT DRILLS/GAMES		
	Coach	Director	Coach 1	Coach 2	
	Activity	Football Routes	Pokemon (Hitting Edition)		
	Group	Blue & Yellow	Green	Red	
	Focus	Two hand catches	Small setp with lead foot		
10:20am-10:40am		SNACK BREAK			
10:40am-10:50am	STATION 5		Agility Ladder & Post Snack Set-up		
	Coach	Director	Coach 1	Coach 2	
	Activity	Agility Ladder	Set-Up For Post Snack Games		
	Group	All Groups			
	Focus	Two feet each space			
10:50am-11:10am	STATION 6		Sim Scrim & Skill Reinforcement Games		
	Coach	Director	Coach 1	Coach 2	
	Activity	Wookie Dodegball			
	Group	Blue & Green vs. Red & Yellow			
	Focus	Throwing and catching in a bigger setting			
11:10am-11:30am	STATION 7		Sim Scrim & Skill Reinforcement Games		
	Coach	Director	Coach 1	Coach 2	
	Activity	Over the Line Baseball	Jailbreak Hitting (coach pitch)		
	Group	Blue/Yellow	Green	Red	
	Focus	Partial sim scrim	Reinforce trying to hit line drives, back elbow up		
11:30am-11:35am		Water Break			
11:35am-11:55am	STATION 8		CAMP GAME - Shooting		
	Coach	Director	Coach 1	Coach 2	
	Activity	Over the Line Baseball	Jailbreak Hitting (coach pitch)		
	Group	Blue/Yellow	Green	Red	
	Focus	Partial sim scrim	Reinforce trying to hit line drives, back elbow up		
11:55am-12:00pm		Camp Close - Points, Recap, Special Acknowledgements			
12:00pm-12:05pm	Sign-Out				
	Coach	Director	Coach 1	Coach 2	
	Activity	SIGN-OUT	MANAGE TEAM LINES/TAKE HOME ASSIGNMENT		
	Group	All Groups	All Groups		
	Focus	Safety	Safety		
12:05pm-12:30pm		Post Camp - Tear Down, Load Truck, & Coaches Meeting			