

Baseball Camp (Ages 5-7)

Thursday Camp Schedule (CAT - Circuit Allocation Table)

1 Director, 1 Coach

8:00am-8:45am	Coaches Meeting & Set-Up				
8:45am-9:00am	Sign-In				
	Coach	DIRECTOR		COACH	
	Activity	Check-In		warm-up: Dumbo	
9:00am-9:20am	Camp Introductions				
	Coach	DIRECTOR		COACH	
	Activity	Camp Orientation: Recap Wednesday (Confidence, Sportsmanship), Daily Preview - Theme (Camp Photo Day), Leadership Skill (Communication), Life Skill (Teamwork)			
9:20am - 9:40am	Circuit Station 1				
	Coach	DIRECTOR		COACH	
	Activity	Drill - Around the Horn Relay	Game - Football Routes	Drill - Base Running Drill	Game - Mater's Haul
	Group	Green/Red		Blue/Yellow	
	Focus	Flex/Point/Throw		Introduction to the Base-Running	
9:40am-9:45am	Water Break				
9:45am-10:05am	Circuit Station 2				
	Coach	DIRECTOR		COACH	
	Activity	Drill - Around the Horn Relay	Game - Football Routes	Drill - Base Running Drill	Game - Mater's Haul
	Group	Blue/Yellow		Green/Red	
	Focus	Flex/Point/Throw		Introduction to the Base-Running	
10:05am-10:15am	Water, Snack and Bathroom Break (Give out stickers/stamps from Wednesday)				
10:15am-10:35am	Circuit Station 3				
	Coach	DIRECTOR		COACH	
	Activity	Game - Steal the Bacon Baseball		Game - Mandalorian Dodgeball & Star Wars Dodgeball	
	Group	Green/Red		Blue/Yellow	
	Focus	Offensive/Defensive Roles/Strategy		Life & Leadership Skills	
10:35am-10:40am	Water Break				
10:40am-11:00am	Circuit Station 4				
	Coach	DIRECTOR		COACH	
	Activity	Game - Steal the Bacon Baseball		Game - Mandalorian Dodgeball & Star Wars Dodgeball	
	Group	Blue/Yellow		Blue/Yellow	
	Focus	Offensive/Defensive Roles/Strategy		Life & Leadership Skills	
11:00am-11:10am	Water, Snack and Bathroom Break				
11:10am-11:30am	Circuit Station 5 - Hitting Station				
	Coach	DIRECTOR		COACH	
	Activity	Drill - Baseball Archery	Game - Frog Catcher	Drill - Off the Tee Hitting	Game - Piston Cup
	Group	Green/Red		Blue/Yellow	
	Focus	Hands in Front. Alligator Arms		Bat to the Sky. Chicken Wings Out	
11:30am-11:35am	Water Break				
11:35am-11:55am	Circuit Station 6 - Throwing Station				
	Coach	DIRECTOR		COACH	
	Activity	Drill - Baseball Archery	Game - Frog Catcher	Drill - Off the Tee Hitting	Game - Piston Cup
	Group	Blue/Yellow		Green/Red	
	Focus	Hands in Front. Alligator Arms		Bat to the Sky. Chicken Wings Out	
11:55pm-12:05pm	PHASE 6 : Camp Close & Sign-Out				
	Coach	DIRECTOR		COACH	
	Activity	SIGN-OUT		Help kids gather their belongings from the home base	
12:05pm-12:30pm	Coaches Meeting & Tear-Down				
	Activity	MANAGE TEAM LINES/TAKE HOME ASSIGNMENT			