

# Baseball Camp (Ages 5-7)

## Tuesday Camp Schedule (CAT - Circuit Allocation Table)

**Free Director + 3 Coaches**

8:00am-8:45am	<b>Coaches Meeting &amp; Set-Up</b>							
8:45am-9:00am	<b>Sign-In</b>							
	Coach	DIRECTOR	COACH 1		COACH 2		COACH 3	
	Group	All	Purple	Orange	Green	Red	Blue	Yellow
	Activity	Check-In	Warm-up: Lava Rock Challenge		Warm-up: Lava Rock Challenge		warm-up: Agility Ladder Exercises	
9:00am-9:20am	<b>Camp Introductions</b>							
	Coach	DIRECTOR	COACH 1		COACH 2		COACH 3	
	Activity	Camp Orientation: Recap Monday (Connect, Respect the ROOTS), Daily Preview, Theme (Jersey Day), Leadership Skill (Cheer), Life Skill (Integrity)						
	Camp Orientation							
9:20am - 9:40am	<b>Circuit Station 1</b>							
	Coach	DIRECTOR	COACH 1		COACH 2		COACH 3	
	Activity	Free Director	Drill - Base Running Drill	Game - Home Run Relay Races	Drill - Baseball Archery	Game - The Incredibles	Game - Fire in the Forest Dodgeball (Base-Running Edition)	
	Group		Purple	Orange	Green	Red	Blue	Yellow
	Focus		Rounding the bases		Front step & weight transfer		Life & Leadership Skills	
9:40am-9:45am	<b>Water Break</b>							
9:45am-10:05am	<b>Circuit Station 2</b>							
	Coach	DIRECTOR	COACH 1		COACH 2		COACH 3	
	Activity	Free Director	Drill - Base Running Drill	Game - Home Run Relay Races	Drill - Baseball Archery	Game - The Incredibles	Game - Fire in the Forest Dodgeball (Base-Running Edition)	
	Group		Blue	Yellow	Purple	Orange	Green	Red
	Focus		Rounding the bases		Front step & weight transfer		Life & Leadership Skills	
10:05am-10:10am	<b>Water Break</b>							
10:10am-10:30am	<b>Circuit Station 3</b>							
	Coach	DIRECTOR	COACH 1		COACH 2		COACH 3	
	Activity	Free Director	Drill - Base Running Drill	Game - Home Run Relay Races	Drill - Baseball Archery	Game - The Incredibles	Game - Fire in the Forest Dodgeball (Base-Running Edition)	
			Green	Red	Blue	Yellow	Purple	Orange
	Focus		Rounding the bases		Front step & weight transfer		Life & Leadership Skills	
10:30am-10:45am	<b>Snack &amp; Bathroom Break (Give out stickers from Monday)</b>							
10:45am-11:05am	<b>Circuit Station 4</b>							
	Coach	DIRECTOR	COACH 1		COACH 2		COACH 3	
	Activity	Free Director	Baseball Dodgeball (Bases Loaded) or Scrimmage		Drill - Off the Tee Hitting Drills	Game - Avengers Assemble	Drill - Catch w/ a Partner	Game - Pokemon
	Group		Purple	Orange	Green	Red	Blue	Yellow
	Focus		Offensive/Defensive Roles/Strategy		Front step & weight transfer		Glove placement for line drives	
11:05am-10:10am	<b>Water Break</b>							
11:10am-11:30am	<b>Circuit Station 5</b>							
	Coach	DIRECTOR	COACH 1		COACH 2		COACH 3	
	Activity	Free Director	Baseball Dodgeball (Bases Loaded) or Scrimmage		Drill - Off the Tee Hitting Drills	Game - Avengers Assemble	Drill - Catch w/ a Partner	Game - Pokemon
	Group		Blue	Yellow	Purple	Orange	Green	Red
	Focus		Offensive/Defensive Roles/Strategy		Front step & weight transfer		Glove placement for line drives	
11:30am-11:35am	<b>Water Break</b>							
11:35am-11:55am	<b>Circuit Station 6</b>							
	Coach	DIRECTOR	COACH 1		COACH 2		COACH 3	
	Activity	Free Director	Baseball Dodgeball (Bases Loaded) or Scrimmage		Drill - Off the Tee Hitting Drills	Game - Avengers Assemble	Drill - Catch w/ a Partner	Game - Pokemon
	Group		Green	Red	Blue	Yellow	Purple	Orange
	Focus		Offensive/Defensive Roles/Strategy		Front step & weight transfer		Glove placement for line drives	
11:55pm-12:05pm	<b>PHASE 6 : Camp Close &amp; Sign-Out</b>							
	Coach	DIRECTOR	COACH 1		COACH 2		COACH 3	
	Activity	SIGN-OUT	Manage Team Lines		Help kids gather their belongings from the home base		Help kids gather their belongings from the home base	
	Activity		Camp Recap & Tomorrow's Theme (Wacky Wednesday)		Coaches Tunnel		Coaches Tunnel	
12:05pm-12:30pm	<b>Coaches Meeting &amp; Tear-Down</b>							