Circuit Allocation Table (CAT)

Tuesday Half Day Banana Ball Camp					**Free director, 2 Coaches**
8:00am-8:45am	**PHASE 1 : Coaches Meeting & Set-Up**				
8:45am-9:00am	**Sign-In**				
	Coach	**DIRECTOR**	**COACH 1**	**COACH 2**	
	Activity	Check-In - ALL	Throwing/Catching w/Partner Warmup Start Chosing Walk Up Songs	Throwing/Catching w/Partner Warmup Start Chosing Walk Up Songs	
	Activity				
9:00am-9:20am	**PHASE 2 : Daily Camp Introductions**				
	Coach	**DIRECTOR**	**COACH 1**	**COACH 2**	
	Activity	Intro, Banana Ball Rules, Camp Overview			
	Camp Orientation	Rules, intro	Get into team lines	Daily Preview	Banana Ball Rules - Trick Plays - 4 Ball Sprint - Stealing 1st - Catching Foul Ball - Scoring Rules
9:20am - 9:40am	**PHASE 3 : Circuit Station 1**				
	Coach	**DIRECTOR**	**COACH 1**	**COACH 2**	
	Activity	Free direct	Around the Horn Fielding	Target Practice Players earn points for hitting into certain zones of the field. Similar to Inside Out, except points are actually kept and point values are higher	
	Group		**Red/Green**	**Blue/Yellow**	
9:40am-9:45am	**Water Break**				
9:45am-10:05am	**PHASE 3 : Circuit Station 2**				
	Coach	**DIRECTOR**	**COACH 1**	**COACH 2**	
	Activity	Free direct	Around the Horn Fielding	Target Practice Players earn points for hitting into certain zones of the field. Similar to Inside Out, except points are actually kept and point values are higher	
	Group		**Blue/Yellow**	**Red/Green**	
10:05am-10:15am	**Water, Snack and Bathroom Break**				
10:15am-10:35am	**PHASE 3 : Circuit Station 3**				
	Coach	**DIRECTOR**	**COACH 1**	**COACH 2**	
	Activity	Free direct	Trick Play Warmups Star Wars Relay - players must pass or catch the ball as a trick play	Fielding Practice -Hands in Front - Ground Balls to each infield position -Ground balls to short, throw to 2nd -Ground balls to 2nd, throw to 1st -Ground balls to 3rd, throw to 2nd	
	Group		**Red/Green**	**Blue/Yellow**	
10:35am-10:40am	**Water Break**				
10:40am-11:00am	**PHASE 3 : Circuit Station 4**				
	Coach	**DIRECTOR**	**COACH 1**	**COACH 2**	
	Activity	Free direct	Trick Play Warmups Star Wars Relay - players must pass or catch the ball as a trick play	Fielding Practice -Ground Balls to each infield position -Ground balls to short, throw to 2nd -Ground balls to 2nd, throw to 1st -Ground balls to 3rd, throw to 2nd	
	Group		**Blue/Yellow**	**Red/Green**	
11:00am-11:10am	**Water, Snack and Bathroom Break**				
11:10am-11:30am	**PHASE 4 : Group Camp Game/Scrimmage**				
	Coach	**DIRECTOR**	**COACH 1**	**COACH 2**	
	Activity	Free direct	Game Play		
	Group		**IceHawks (Blue/Green) & FireHawks (Red/Yellow)**		
11:30am-11:35am	**Water Break**				
11:35am-11:55am	**PHASE 5 : Group Endurance Game/Scrimmage**				
	Coach	**DIRECTOR**	**COACH 1**	**COACH 2**	
	Activity	Free direct	Game Play		
	Group		**IceHawks (Blue/Green) & FireHawks (Red/Yellow)**		
11:55pm-12:05pm	**PHASE 6 : Camp Close & Sign-Out**				
	Coach	**DIRECTOR**	**COACH 1**	**COACH 2**	
	Activity	Sign out	Entertain Kids/Review Skills and Games	Entertain Kids/Review Skills and Games	
	Group	All	All	All	
12:05pm-12:30pm	**Coaches Meeting & Tear-Down**				