Circuit Allocation Table (CAT)

Friday Half Day Banana Ball Camp					**Free Director, 3 Coaches**
8:00am-8:45am	**PHASE 1 : Coaches Meeting & Set-Up**				
8:45am-9:00am	**Sign-In**				
	Coach	**DIRECTOR**	**COACH 1**	**COACH 2**	**COACH 3**
	Activity	Check-In - ALL	Throwing/Catching w/Partner Warmup Start Chosing Walk Up Songs	Throwing/Catching w/Partner Warmup Start Chosing Walk Up Songs	Throwing/Catching w/Partner Warmup Start Chosing Walk Up Songs
	Group				
9:00am-9:20am	**PHASE 2 : Daily Camp Introductions**				
	Coach	**DIRECTOR**	**COACH 1**	**COACH 2**	**COACH 3**
	Activity	Intro, Banana Ball Rules, Daily Preview - Review (Camp Rules, Camp Culture). Daily Preview: Theme: Fun Friday, C - Comradery, Life Skill: Self-Steem			
	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**	**COACH 3**
	Activity	Free direct	Game Play All players on each team will bat once	Game Play All players on each team will bat once	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		**Red**	**Green**	**Yellow**
9:40am-9:45am	**Water Break**				
9:45am-10:05am	**PHASE 3 : Circuit Station 2**				
	Coach	**DIRECTOR**	**COACH 1**	**COACH 2**	**COACH 3**
	Activity	Free direct	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	Game Play All players on each team will bat once	Game Play All players on each team will bat once
	Group		**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**	**COACH 3**
	Activity	Free direct	Game Play All players on each team bat once	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	Game Play All players on each team will bat once
	Group		**Green**	**Yellow**	**Red**
10:35am-10:40am	**Water Break**				
10:40am-11:00am	**PHASE 3 : Circuit Station 4**				
	Coach	**DIRECTOR**	**COACH 1**	**COACH 2**	**COACH 3**
	Activity	Free direct	Game Play All players on each team will bat once	Game Play All players on each team will bat once	Strategy review, practice dances
	Group		**Red**	**Green**	**Yellow**
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**	**COACH 3**
	Activity	Free direct	Strategy review, practice dances	Game Play All players on each team will bat once	Game Play All players on each team will bat once
	Group		**Red**	**Green**	**Yellow**
11:30am-11:35am	**Water Break**				
11:35am-11:55am	**PHASE 5 : Group Endurance Game/Scrimmage**				
	Coach	**DIRECTOR**	**COACH 1**	**COACH 2**	**COACH 3**
	Activity	Free direct	Game Play All players on each team will bat once	Strategy review, practice dances	Game Play All players on each team will bat once
	Group		**Red**	**Green**	**Yellow**
11:55pm-12:05pm	**PHASE 6 : Camp Close & Sign-Out**				
	Coach	**DIRECTOR**	**COACH 1**	**COACH 2**	**COACH 3**
	Activity	Sign out	Walk them from team area to parents	Entertain Kids/Review Skills and Games	
	Group	All	All	All	All
12:05pm-12:30pm	**Coaches Meeting & Tear-Down**				