Circuit Allocation Table (CAT)

Tuesday 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: Jersey Day, C - Cheer, Life Skill: Integrity			
	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	Trick Play Warmups Star Wars Relay - players must pass or catch the ball as a trick play	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	Around the Horn Fielding
	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	Trick Play Warmups Star Wars Relay - players must pass or catch the ball as a trick play	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	Around the Horn Fielding
	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	Trick Play Warmups Star Wars Relay - players must pass or catch the ball as a trick play	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	Around the Horn Fielding
	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**				