

Michigan State Comprehensive Skills Baseball Camp Schedule

Morning

Time	Activity
8:15-9:00	Meeting & Check-In at Kobs
9:00-9:10	Staff Introductions - Welcome
9:10-9:20	Stretch
9:20-10:00	Throwing wagon wheel - Kobs Field/ Field Grip & Indian style wrist flips - 5 minutes Knee 5 min Power 5 min Ten Toes 5 min Scarecrow 5 min Quarterback 5 min
10:00-10:05	Water Break
10:05-10:50	Hitting Talk, Dry Hacks (Load, Stride, Swing), Stations
11:00-11:50	Games In short centerfield
	Game 1 Team 1 vs 2 (right field)
	Game 2 Team 3 vs 4 (center field)
	Game 3 Team 5 vs 6 (left field)
	Game 4 Team 7 vs 8 (softball field)
10:10	Stretch for 60 yd dash
10:20	60 yd dash in RF
10:45	Arm Strength OF and IF
11:20	Defensive Position Groups (OF-Keur, IF- Woodworth, P - Brown, C-Judge)

Afternoon

Time	Activity
Noon - 1:00	Lunch
1:00	Game Team 9 vs Team 10 Hit lecture/drills Team 11 vs Team 12 Team D Team 13 vs Team 14
2:00	Team D Team 9 vs Team 10 Game Team 11 vs Team 12 Hit lecture/drills Team 13 vs Team 14
3:00	Hit lecture/drills Team 9 vs Team 10 Team D Team 11 vs Team 12 Game Team 13 vs Team 14

4:00 Closing Remarks/**Dismiss**

Games will be 4 innings - 1-1 count, must be ready to start game on the hour.

Coaches stay with your team for the afternoon, help get them to softball field, run team D (run-downs, relays, positioning, get loose)

Hitting drills in cages, soft toss, tee, short toss