Michigan State Baseball Camps/Youth 6-12

Day 1

Time	Activity			Coach
8:50 - 9:00	Organize into teams on Left Field line			
	Team 1	Team 4		
	Team 2	Team 5		
	Team 3	Team 6		
9:00 -9:08	Staff Introductions-Welcome			**Boss Jr.**
9:08-9:18	Stretch			**All MSU Players**
9:20-10:00	**Throwing wagon wheel (7 min/station)**			
	Grip & Indian style wrist flips; Knee; Power			
	Ten Toes; Scarecrow; Quarterback			
10:00-10:05	Water Break			
10:05-10:30	Ground ball technique			
	Stay in Teams			
10:30-11:15	**Hitting Rotations**			
10:30-10:45	Live in both cages (where dirt mounds are)		**Teams 1 & 2**	
10:45-11:00	Soft Toss-T work in other two cages		**Teams 3 & 4**	
11:00-11:15	Wiffle balls/swift sticks in Left field		**Teams 5 & 6**	
11:15-11:40	**Games**	**In short centerfield**		
	Game 1	team 1 vs team 2		
	Game 2	team 3 vs team 4		
	Game 3	team 5 vs team 6		
11:40	Pictures in front of Scoreboard			
Noon	Closing Remarks/Dismiss			

Day 2

Time	Activity			Coach
8:50 - 9:00	Organize into groups on Left Field line			**Boss Jr.**
	Team 1	Team 4		
	Team 2	Team 5		
	Team 3	Team 6		
9:00 -9:05	Organize Players By Teams			
9:05-9:20	Stretch			**All MSU Players**
9:20-9:50	**Throwing wagon wheel (6 min/station)**		**Review**	
	Grip & Indian style wrist flips; Knee; Power			
	Ten Toes; Scarecrow; Quarterback			
9:50-9:55	Water Break			
9:55-10:15	Ground ball technique	**Review**		
	Stay in Age Groups			
10:15-11:00	**Hitting Rotations**			
10:15-10:25	Live in both cages (where dirt mounds are)		**Teams 1 & 2**	
10:25-10:35	Soft Toss-T work in other two cages		**Teams 3 & 4**	
10:35-10:45	Wiffle balls swift sticks in Left field		**Teams 5 & 6**	
10:45-11:50	**Games**	**In short centerfield**		
	Game 1	team 1 vs team 2		
	Game 2	team 3 vs team 4		
	Game 3	team 5 vs team 6		
Noon	Closing Remarks/Dismiss			

Day 3,

Time	Activity		Coach
8:50 - 9:00	Organize into groups on Left Field line		**Boss Jr.**
	Team 1	Team 4	
	Team 2	Team 5	
	Team 3	Team 6	
9:00 -9:08	Staff Introductions-Welcome		
9:08-9:18	Stretch		**All MSU Players**
9:18-9:50	**Throwing wagon wheel (5 min/station)**	**Review**	
	Grip & Indian style wrist flips; Knee; Power		
	Ten Toes; Scarecrow; Quarterback		
9:50-9:55	Water Break		
10:00-11:00	**Michigan State Baseball Olympics (3 winners per team)**		
10:00-10:10	Time run Home to 1B (by teams)		
10:10-10:30	Fly Ball Contest (by teams)		
10:35-10:50	Long Throw (by teams)		
11:00-11:50	**Games**	**In short centerfield**	
	Game 1	team 1 vs team 2	
	Game 2	team 3 vs team 4	
	Game 3	team 5 vs team 6	
Noon	Closing Remarks/Dismiss		