9:00 a.m.  Registration

9:30 a.m.  Introductions
         Warm up – players

9:50 a.m.  General defense stations (10 minutes each)

         1.  Fielding:
         2.  Throwing:
         3.  Fly balls:
         4.  QB an shoe string:

10:35 a.m.  Hitting lecture:
            Stations (8-10 minutes each)

            1.  One arm T’s (both):
            2.  Double T’s:
            3.  Dog thrower/Frisbee:
            4.  Front toss:
            5.  Front toss w/zips:

11:30 a.m.  Baserunning: Lecture to all Home to 1B –
            Stations (6 minutes each)

            1.  Home to 1st – get times: Brett and (SB 1st base)
            2.  Lead offs and get backs:: LF foul line
            3.  Sliding:

11:50 a.m.  Lunch break

1:00 p.m.   Positional play: All groups warm up overhand first (45 minutes)

            Pitchers: If 2-4 bullpen
            Catchers: BB infield dirt
            Middles: SB infield – start with zip balls forehand/backhand – then with
gloves
            Corners: SB infield – same as middles to start
            Outfield: SB outfield

1:45 p.m.   5 groups of protect the island

2:00 p.m.   Break into 2 “teams”
            1 team go to hitting stations – other to Softball infield
2:00 p.m.  Hitting stations (8 minutes each)

1. Chuck and duck:
2. Front toss:
3. To contact point and stop – T’s:
4. Front toss go with:
5. Bunting – from front toss:

Softball field: Start with every days (separate OF/IF) Then teach the following to whole team. Will have 45 minutes:

1. Relay drill – rocket relays
2. Bunt defense
3. Pop up/fly balls (tweeners)

Front toss with team defense: Place runners on to create different situations
Runner on 1B: bunt and hit
Runner on 2B: hit grounders and flyballs
Bases loaded

2:45 p.m.  Switch groups

3:30  Set up 4 fields of 2 on 2

4:00 p.m.  Done

Sport Specific questions call: 517-355-4752
Camp Questions visit: www.sportcamps.msu.edu
Parents are welcome to watch from OUTSIDE of the playing field and hitting building. Each camper much BRING their own LUNCH.