SAMPLE
Elite Spartan PROSPECT Camp
July 14, 2016

9:00 a.m.  Introductions, announcements

9:10 a.m.  Full dynamic warm-up – Players
        Evaluate flexibility

9:40 a.m.  4 General stations: Teach skill and then evaluate
        Stations are 15 minutes each – 3-4 min rest
        1. Throwing: (measure with gun): SB outfield
        2. QB and flyballs: BB outfield:
        3. Fielding: SB infield:
        4. Baserunning – teach home -1 then round it. Then get times: BB
           homeplate w/throw down: (if have time, slide)

10:55 a.m. Water break

11:00 a.m. Positional play: Teach skills

Pitchers: BB LF: Quick progression/warm up then measure speeds:

Catchers: get pop times. After 30/45 min. go catch pitchers: BB RF

Corners: SB infield:
Middles: SB infield:
        After 30 minutes, work together
Outfield: SB OF

11:45 a.m. Break for lunch

1:00 p.m.  ½ Group hit and ½ group compete: See sheet of teams
        Hitting stations: 8 minutes each:
        1. One arm T’s: both arms:
        2. Frisbee/dog throws (1/2 time):
        3. Double T’s:
        4. Walk ups (side) with T:
Play 2 innings and then switch baseball and softball field

<table>
<thead>
<tr>
<th>Teams</th>
<th>BB RF</th>
<th>Softball</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1 v. 2</td>
<td>3 v. 4</td>
</tr>
</tbody>
</table>

1:40 p.m. Break/talk and then 4 new stations (10 -12 minutes each)

1. Front toss: - go with:
2. BB machine: bunt the 1st 2:
3. Chuck and duck:
4. Chuck and duck:

2:20 p.m. Switch: Teams go hit – same stations – hitters go to game

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>5.</td>
<td>5 v 6</td>
<td>7 v 8</td>
</tr>
</tbody>
</table>

4:00 p.m. Done

AGES: 14 and UP only
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.
This camp is run like a COMBINE.