SAMPLE
2016 Junior Spartan Camp
Monday, July 11th

9:00 a.m.  Registration
9:30 a.m.  Warm up – Players
           Modified dynamic warm up

9:45 a.m.  General Defense: (10 minutes each) Softball Field
           1. Throwing/Receiving:
           2. Basic flyballs: (shallow) RF
           3. Fundamentals of fielding – 2 knees fielding, diamond drill – on their
              toes/shuffle and stay low: : SS area (on grass for 2 knees
           4. Line fielding(buckets) : : 2B

10:30 a.m. Positional play (30 minutes)

           Pitchers:
           Catchers: BB home
           Infield: SB IF

11:15 a.m. Hitting lecture: (Hitting building)
           Hitting stations (10-12 minutes each)

           1. Front toss:
           2. T’s with 2X4’s:
           3. Front toss walk ups:
           4. One arm drills on T

12:00 p.m. Lunch – sit with campers

1:00 p.m. Quick warm up – rock, tree, bridge and/or clump: Softball field

           4 stations: 10 minutes each

           1. Figure 8: : CF
           2. Sliding: : LF foul area
           3. Line fielding to net: 2B/SS area
           4. Drop step and shoe string catches:
1:45 p.m. Positional play (30 minutes)

Catchers may go with pitchers: BB LF
Infield on softball field:
Middles work on throw to second – Start with 3 player drill – throw to net
Corners cover bunt defense – to net
Then work together at positions with runners and situations

2:15 p.m. 4 groups of protect the island

2:30 p.m. Hitting/Baserunning stations (12-15 minutes each)

1. Front toss:
2. T’s – walk up:
3. H-1: ; BB LF foul area
4. Lead offs: : BB 2B –

3:30 p.m. 3-4 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.