SAMPLE

July 12th Pitching & Catching Camp

Pitching Staff:

Catching Staff:

Hitting Staff:

9am-9:30am – Registration

9:35am – Jog/Stretch into Progressive Throwing (demo)

Break into pitchers/catchers

9:45am-10:15am Fundamentals (5 minute stations – stay with your coach)

9:45am-9:50am - 1 knee (stress hips at 45 degree angle, long & loose arm)
9:50am-9:55am - 2 knee (stress hips at 45 and good posture and balance)
9:55am-10am - standing in position, no legs (hips should not close, should stay at 45)
10am-10:05am - standing in position, double arm circle with legs to finish (balance, posture, speed of arm circle, finish with right toe to left heel)
10:05-10:10am - 1 leg from mound (balancing on drive leg only, stride leg held in front of body, focus on strong leg drive)
10:10am-10:15am - walk-throughs (put whole pitch together... 45 degree hips, posture/balance, arm speed, throw through front foot, right toe to left heel drag)

10:20am-11am Drills (6-minute stations – stay with your coach)

10:20am-10:26am – Distance (throw 3, take 3: 7 times)
10:26am-10:32am – Load & Explode (3 x 7)
10:32am-10:38am – Sprint to Catcher (2 x 7)
10:38am-10:44am – Fastballs (or your choice) inside to Chester/chair (10 as L, 10 as R)
10:44am-10:50am – Start on one, finish on one

10:50am-11am - DRINK BREAK

11:05am-12pm Hitting Stations (8 minute stations with 1 minute to rotate) AG, KG

Double T’s – hit both balls
Front toss (baseballs)
Front toss (zips)
Baseball machine bunting
T length of the cage
T’s one arm, front and back
12pm-1:15pm LUNCH

1:15pm-1:55pm Pitching Defense Drills
1:15pm-1:25pm - Bunt to 1B & Suicide Squeeze
1:25pm-1:35pm - GB run it to 1B & GB to 2B
1:35pm-1:45pm – Bunt to 3B & GB to 1 (run or throw)
1:45pm-1:50pm - Pitch outs/Intentional Walks
1:50pm-1:55pm – Wild pitch/passed ball coverage

2pm-2:40pm Hitting Stations (7 minute stations, with 1 minute to rotate)

Walk-ups
Frisbee/Dog Thrower
T to contact point
Front toss – go with only
Front toss – to contact

2:40pm-2:45pm DRINK BREAK

2:45pm-3:20pm Spin Drills (7 minute stations)
2:45pm-2:52pm - Drop
2:52pm-3:59pm - Rise
3:59pm-3:06pm - Curve
3:06pm-3:13pm - Screw
3:13pm-3:19pm – Change up

3:20pm-3:45pm Pitch to Catchers

4:00 DONE