



### BASEBALL PERFORMANCE CAMP

Saturday	Group 1	Group 2
8:00	Registration / Check In	
8:30	Orientation / Introduction of Instructors	
9:00	Warm ups / Stretching	
9:30	Speed Training	Throwing
10:15	Throwing	Speed Training
11:00	Outfield Mechanics	Infield Mechanics
11:30	Infield Mechanics	Outfield Mechanics
12:00	Lunch Break	
12:45	Light Stretching	
1:00	Outfield Drills	Infield Drills
1:15	Infield Drills	Outfield Drills
2:00	Infield / Outfield Drills	

Sunday	Group 1	Group 2
8:45	Pre-Camp Arrival	
9:00	Warm ups & Stretching	
9:15	Agility & Plyometrics	Cones
9:30	Cones	Agility & Plyometrics
10:00	Base Running	Bunting
10:30	Bunting	Base Running
11:00	Bunting / Base Running	
12:00	Lunch Break	
12:45	Soft Toss (Toe, Heel, Hip, Swing)	
1:30	Hitting Drills (i.e. Hit & Run)	
2:30	40 Yd Dash & Pro Agility Drill Contests (Fastest Time)	

Camp Coordinators will use all reasonable efforts to hold as much of the event as possible. In case of bad weather we can not guarantee that any or all exercises and drills will be completed. Schedule is subject to change.