

High School Mini Camp Plan: Day 1

17U & 18U Teams 11:00am – 1:30pm

11:00 – 11:20am: Stretch and Play Catch

11:20am – 1:20pm: 4 30 Minute Stations

4 Stations (30 Minutes):

- Infield/Outfield Repetition Work
 - o One coach hit infield and one coach hit outfield.
 - Infield: Double Fungos (Coach & Player or Other Coach)
 - 5-2(One Hop Coach), 6-4-3
 - 5-4-3, 6-2(One Hop Coach)
 - 3-6-1(Or back to 1st Baseman if no Pitcher), 4-2(One Hop Coach) – 5-2(One Hop Coach).
 - Outfield:
 - Either Coach Hit Fly Balls Left, Right, Over Head, and Short or throw to them.
 - Ground balls hit at them, to the right, and to the left. Have players work through the ball as if preparing to throw the ball to a base.
- Bullpens/Hitting
 - Bullpens: Have half of your pitchers throw this day and other half next day based on your planned weekend rotation.
 - 20-25 Pitch Bullpen
 - Work Stretch and Wind Up
 - Hitting:
 - One cage front toss from the player to players.
 - Other cage work situational hitting round from coach throwing.
- Left Field: Bunt Defense
 - o Small field bunt defenses. Work on the wrist play and the mask play called by the catcher that is listed in the player and coach handbooks.
- Right Field: 1st & Third Defense
 - o Small field 1st and 3rd defense. All listed in the player and coach handbook.
 - Mask
 - Chest
 - Top of the Head
 - Glove

1:20 – 1:30pm: Coaches take their teams to go over any parts of the handbook or coaching philosophies for the year.

High School Mini Camp Plan: Day 1

16U Teams 2:00 – 4:30pm

2:00 – 2:20pm: Stretch and Play Catch

2:20 – 4:20pm: 4 30 Minute Stations

4 Stations (30 Minutes):

- Infield/Outfield Repetition Work
 - o One coach hit infield and one coach hit outfield.
 - Infield: Double Fungos (Coach & Player or Other Coach)
 - 5-2(One Hop Coach), 6-4-3
 - 5-4-3, 6-2(One Hop Coach)
 - 3-6-1(Or back to 1st Baseman if no Pitcher), 4-2(One Hop Coach) – 5-2(One Hop Coach).
 - Outfield:
 - Either Coach Hit Fly Balls Left, Right, Over Head, and Short or throw to them.
 - Ground balls hit at them, to the right, and to the left. Have players work through the ball as if preparing to throw the ball to a base.
- Bullpens/Hitting
 - Bullpens: Have half of your pitchers throw this day and other half next day based on your planned weekend rotation.
 - 20-25 Pitch Bullpen
 - Work Stretch and Wind Up
 - Hitting:
 - One cage front toss from the player to players.
 - Other cage work situational hitting round from coach throwing.
- Left Field: Bunt Defense
 - o Small field bunt defenses. Work on the wrist play and the mask play called by the catcher that is listed in the player and coach handbooks.
- Right Field: 1st & Third Defense
 - o Small field 1st and 3rd defense. All listed in the player and coach handbook.
 - Mask
 - Chest
 - Top of the Head
 - Glove

4:20 – 4:30pm: Coaches take their teams to go over any parts of the handbook or coaching philosophies for the year.



High School Mini Camp Plan: Day 1

15U Teams 5:00 – 7:30pm

5:00 – 5:20pm: Stretch and Play Catch

5:20 – 7:20pm: 4 30 Minute Stations

4 Stations (30 Minutes):

- Infield/Outfield Repetition Work
 - o One coach hit infield and one coach hit outfield.
 - Infield: Double Fungos (Coach & Player or Other Coach)
 - 5-2(One Hop Coach), 6-4-3
 - 5-4-3, 6-2(One Hop Coach)
 - 3-6-1(Or back to 1st Baseman if no Pitcher), 4-2(One Hop Coach) – 5-2(One Hop Coach).
 - Outfield:
 - Either Coach Hit Fly Balls Left, Right, Over Head, and Short or throw to them.
 - Ground balls hit at them, to the right, and to the left. Have players work through the ball as if preparing to throw the ball to a base.
- Bullpens/Hitting
 - Bullpens: Have half of your pitchers throw this day and other half next day based on your planned weekend rotation.
 - 20-25 Pitch Bullpen
 - Work Stretch and Wind Up
 - Hitting:
 - One cage front toss from the player to players.
 - Other cage work situational hitting round from coach throwing.
- Left Field: Bunt Defense
 - o Small field bunt defenses. Work on the wrist play and the mask play called by the catcher that is listed in the player and coach handbooks.
- Right Field: 1st & Third Defense
 - o Small field 1st and 3rd defense. All listed in the player and coach handbook.
 - Mask
 - Chest
 - Top of the Head
 - Glove

7:20 – 7:30pm: Coaches take their teams to go over any parts of the handbook or coaching philosophies for the year.