

## High School Mini Camp Plan: Day 2

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
  - 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 1<sup>st</sup> Baseman if no Pitcher), 4-2(One Hop Coach) – 5-2(One Hop Coach).
    - Outfield: Pop Up Communication
      - Coach Throw the Ball Up in Between Two Players
        - Initial Call is Mine, Mine, Mine.
        - Call off is Ball, Ball, Ball.
        - You is response call.
      - After pop up communication if there is time add in stations with fielding through the baseball and making throws to a base set up in the outfield.
- 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: Pick Offs & Run Downs
  - Runner on 1<sup>st</sup>
    - Simple pick off and run down with less than 3 throws made. Talk about closing the gap to the runner as you call ball.
  - Runner on 2<sup>nd</sup> Base
    - Daylight Play and Inside Turn
  - Runner on 1<sup>st</sup> and 3<sup>rd</sup>
    - One set with priority of getting an out. Runner on 3<sup>rd</sup> doesn't matter as much.
    - Other set is runner on 3<sup>rd</sup> can't score and the runner at first takes off early.

- Right Field: 1<sup>st</sup> & Third Defense
  - Small field 1<sup>st</sup> and 3<sup>rd</sup> 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 2

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 1<sup>st</sup> Baseman if no Pitcher), 4-2(One Hop Coach) – 5-2(One Hop Coach).
    - Outfield: Pop Up Communication
      - Coach Throw the Ball Up in Between Two Players
        - o Initial Call is Mine, Mine, Mine.
        - o Call off is Ball, Ball, Ball.
        - o You is response call.
      - After pop up communication if there is time add in stations with fielding through the baseball and making throws to a base set up in the outfield.
- 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: Pick Offs & Run Downs
  - o Runner on 1<sup>st</sup>
    - Simple pick off and run down with less than 3 throws made. Talk about closing the gap to the runner as you call ball.
  - o Runner on 2<sup>nd</sup> Base
    - Daylight Play and Inside Turn
  - o Runner on 1<sup>st</sup> and 3<sup>rd</sup>
    - One set with priority of getting an out. Runner on 3<sup>rd</sup> doesn't matter as much.
    - Other set is runner on 3<sup>rd</sup> can't score and the runner at first takes off early.

- Right Field: 1<sup>st</sup> & Third Defense
  - Small field 1<sup>st</sup> and 3<sup>rd</sup> 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 2

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
  - 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 1<sup>st</sup> Baseman if no Pitcher), 4-2(One Hop Coach) – 5-2(One Hop Coach).
    - Outfield: Pop Up Communication
      - Coach Throw the Ball Up in Between Two Players
        - Initial Call is Mine, Mine, Mine.
        - Call off is Ball, Ball, Ball.
        - You is response call.
      - After pop up communication if there is time add in stations with fielding through the baseball and making throws to a base set up in the outfield.
- 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: Pick Offs & Run Downs
  - Runner on 1<sup>st</sup>
    - Simple pick off and run down with less than 3 throws made. Talk about closing the gap to the runner as you call ball.
  - Runner on 2<sup>nd</sup> Base
    - Daylight Play and Inside Turn
  - Runner on 1<sup>st</sup> and 3<sup>rd</sup>
    - One set with priority of getting an out. Runner on 3<sup>rd</sup> doesn't matter as much.
    - Other set is runner on 3<sup>rd</sup> can't score and the runner at first takes off early.

- Right Field: 1<sup>st</sup> & Third Defense
  - Small field 1<sup>st</sup> and 3<sup>rd</sup> 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.