



BASEBALL CAMP (AGES 6-11)

ACTIVITY REFERENCE GUIDE

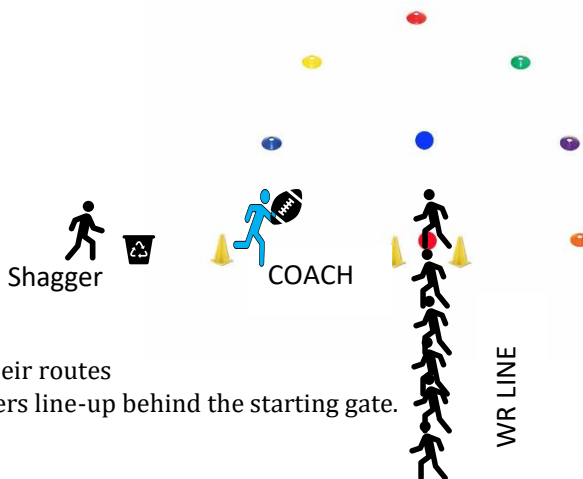


Football Routes

Purpose: Catching

Equipment: Disks, Spots, Baseballs

Set Up: Route tree as shown to the right =>



Execution:

- Each color disks represents a different route.
- Each spot represents where the receivers should break into their routes
- Coach starts at the cone along with the shagger. All other players line-up behind the starting gate.
- Coach assigns a route and calls hike.
- The player runs the route and the coach throws them the ball.
- Players catch the ball, and throw it back to the shagger.
- The shagger puts the ball in the coaches hoop and goes to the back of the line.
- Receiver becomes shagger, shagger, goes to back of WR line, next person in line becomes WR.

- Orange = Flat
- Red = Go
- Yellow = Post
- Green = Flag
- Blue = Dig/Slant (depending on break point)
- Purple = Out
- Curl/Comeback = Not shown

