

Baseball Fun & Fundamentals Camp

Ages 5-8

Wednesday

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|------------------------|--|--|--|--|
| 8:00am-8:45am | Pre-Camp - Coaches Meeting & Set-up | | | |
| 8:45am-9:05am | Sign-In & Warm-up | | | |
| | Coach | Director | Coach 1 | |
| | Activity | Check-In | Catch with a partner | |
| | Group | All Groups | Red/Green | |
| | Focus | Organization & Flow | Blue/Yellow | |
| 9:05am-9:15am | Camp Orientation - Camp Rules, Club Culture (MEAL PLAN), Life Skill of the Day (Respect the ROOTS), Daily Preview | | | |
| 9:15am-9:30am | STATION 1 | | SKILL DEVELOPMENT DRILLS/GAMES | |
| | Coach | Director | Coach 1 | |
| | Activity | Beat the Runner (coach toss) | Move It, Move It Hitting | |
| | Group | Red/Green | Blue | |
| | Focus | Intro to World Series | Yellow | |
| 9:30am-9:45am | STATION 2 | | SKILL DEVELOPMENT DRILLS/GAMES | |
| | Coach | Director | Coach 1 | |
| | Activity | Beat the Runner (coach toss) | Move It, Move It Hitting | |
| | Group | Blue/Yellow | Green | |
| | Focus | Intro to World Series | Red | |
| 9:45am-9:50am | Water Break | | | |
| 9:50am-10:05am | STATION 3 | | SKILL DEVELOPMENT DRILLS/GAMES | |
| | Coach | Director | Coach 1 | |
| | Activity | Pokemon Throwing | Avengers Hitting | |
| | Group | Red & Green | Blue | |
| | Focus | Step and throw with a catch | Yellow | |
| 10:05am-10:20am | STATION 4 | | SKILL DEVELOPMENT DRILLS/GAMES | |
| | Coach | Director | Coach 1 | |
| | Activity | Pokemon Throwing | Avengers Hitting | |
| | Group | Blue & Yellow | Green | |
| | Focus | Step and throw with a catch | Red | |
| 10:20am-10:40am | SNACK BREAK | | | |
| 10:40am-10:50am | STATION 5 | | Agility Ladder & Post Snack Set-up | |
| | Coach | Director | Coach 1 | |
| | Activity | Agility Ladder | Set-Up For Post Snack Games | |
| | Group | All Groups | | |
| Focus | Two forward one back | | | |
| 10:50am-11:10am | STATION 6 | | Sim Scrim & Skill Reinforcement Games | |
| | Coach | Director | Coach 1 | |
| | Activity | Mandolorian Dodgeball | | |
| | Group | Blue & Green vs. Red & Yellow | | |
| | Focus | Combine throwing and ctaching with running | | |
| 11:10am-11:30am | STATION 7 | | Sim Scrim & Skill Reinforcement Games | |
| | Coach | Director | Coach 1 | |
| | Activity | Hulk Smash Baseball | BB8 vs. R2D2 Challenge | |
| | Group | Blue/Yellow | Green | |
| | Focus | Partial sim scrim | Red | |
| 11:30am-11:35am | Water Break | | | |
| 11:35am-11:55am | STATION 8 | | CAMP GAME - Shooting | |
| | Coach | Director | Coach 1 | |
| | Activity | Hulk Smash Baseball | BB8 vs. R2D2 Challenge | |
| | Group | Blue/Yellow | Green | |
| | Focus | Partial sim scrim | Red | |
| 11:55am-12:00pm | Camp Close - Points, Recap, Special Acknowldgements | | | |
| 12:00pm-12:05pm | Sign-Out | | | |
| | Coach | Director | Coach 1 | |
| | Activity | SIGN-OUT | MANAGE TEAM LINES/TAKE HOME ASSIGNMENT | |
| | Group | All Groups | All Groups | |
| | Focus | Safety | Safety | |
| 12:05pm-12:30pm | Post Camp - Tear Down, Load Truck, & Coaches Meeting | | | |