



AA, AAA & Majors Daily Schedule: On-Field Day 1

9:20 - 9:30 All Camp Meeting

9:30 - 9:40 All Camp Active Warm-up (1)

Transition

9:45 - 9:55 Team Meeting

- Attendance
- Team Eye Black
- Ice Breakers
- Freeze Call
- Team Fist Bump
- Safety/Wristband Compliance Check

9:55 - 10:15 Throwing Progression

- Pull Drill (2)
- Reach to Pull Drill (3)
- Position Reach and Pull (4)
- Speed Reach Pull (5) OR Back 'Em Up (6)

10:15 - 10:25 Sunscreen & Water Break

10:25 - 10:40 Defensive Phase Drills

With Partner

- Glove Hand Only Ground Balls (7)
- Backhand Drill (8)
- Front Push Drill (9)
- Side Slide Push Drill (10)

Coach Throw

- Straight on Drill (11) OR Bad Hop Drill (12)
OR On the Run Drill (13)

10:40 - 10:50 Sunscreen & Water Break

10:50 - 11:10 Hitting Phase Drills

- Feet, knees, knuckles, elbow (14)
- Toggle Drill (15), Power Toggle (16) & Escape Drill (17) --- If time permits: Escape Toggle (18), Toggle Connect (19) & Travel Toggle (20)
- Disconnect Swing Off Tee (21) OR Walk In Drill (22)

11:10 - 11:30 Base Running Drills

- Base Run to 1st with Breakdown (23)
- Run a Double Drill (24)
- Baserunning 1st to 3rd (25)
- Tag Up (with ball thrown by coach) (26)

11:30 - 11:35 Water Break

11:35 - 11:50 Pitching Drills

- Glove Target Throwing Drill (27)
- Pitching Rotation Drill (28)

Transition

12:00 - 12:30 Lunch

Transition

12:40 - 1:10 Middle of the Field Tee Game * (29)**

1:10 - 1:20 Sunscreen & Water Break

1:20 - 2:15 Live Game ***

2:15 - 2:25 Division Meeting with Water Break

- Recap and scoreboard points
- Team captain assigned for following day

Transition

2:35 - 2:45 All Camp Meeting

Staff members to positions for Camper Check-Out

2:45 - 3:00 Camper Pick-Up and Check-Out (PMX Begins)

3:00 - 3:15 Coaches Meeting

- Clock out

* Scoreboard activities (for team points) denoted by ***