

JULY ELITE CLINIC

JULY 15th // 10AM – 3PM

3 rotations – 1:30 minutes each – 10-minute change time

9:15AM Set Up/Check In Starts
10AM Welcome to Camp – Intro

McWhorter Stadium (Game)

- 10 minute warm up
- 1:20 minute game (every P – 2 innings)
 - Umpire – Weeva

R1 – Teams 5 & 6
R2 – Teams 3 & 4
R3 – Teams 1 & 2

Baseball Turf/Football Indoor (Defense)

- 1:10 minute position specific
 - INF/OF/C can all throw together to start
 - Infield – Cammy
 - Outfield – Oda
 - Catchers – Jo (catching drills/catch pitchers)
 - Pitchers – Alyssa (pitching drills/pitch to catchers)
- 20-minute team defense

R1 – Teams 3 & 4
R2 – Teams 1 & 2
R3 – Teams 5 & 6

Softball Cages (Hitting) – Jessie, Jeannie

- Quick Hitting Talk?
- Rotations (6 stations. 10 minutes. Groups of 3-4)
 - Machine
 - Machine
 - Lite Flight
 - Front Toss
 - Hose & Whiffle
 - Tees
- Tour SB Building/Q&A

R1 – Teams 1 & 2
R2 – Teams 5 & 6
R3 – Teams 3 & 4

3PM Dismiss/Check Out

10AM – 3PM
10:05AM – 11:35AM
Break
11:45AM – 1:15PM
Break
1:25PM – 2:55PM
Meet on SB field to dismiss

Teams
1&2 – Alia
3&4 – Millie
5&6 – Abi
- Rotate with your teams
- Help at each station
- Throw FT during hitting session