Ohio University-Chillicothe Hilltoppers Baseball Camp 2016

Friday December 30th, 2016  8-12 yr olds (9am – Noon)  13+ (1-4pm)

Schedule and Itinerary

*8:30-9:00am Registration and sign –in, receive shirt
*9:00am – 9:10am Techniques for Stretching legs/arms while discussing itinerary/camp goals
*9:10-9:30- Baserunning (leading off/getting back/sprints/laps), Loosening arms w partner
*9:30-11:30am Stations (4), Groups and Individual Instruction

Station 1 Pitching and Catching -

Catchers- What is a “Field General” and how to become one, Stance, foot work, blocking, pop time and fundamentals of catching

Pitching- Mechanics, Ball Movement, Mental approach, Increase velocity (Radar gun), Individual instructions, Suggestions for strengthening and and taking care of arms. *13+ Stretch, Pick-offs, Slide step and Breaking balls

Station 2 Fielding Infield- stance, pivots, throwing, fielding and positioning Outfield techniques- stance, fielding, throwing, charging, lining up target and positioning

Station 3 Bunting- stance, technique, sacrifice, drags and squeeze; Tee work- balance, stride, mental approach, upper and lower body techniques. Soft-toss- Stride, eye –hand coordination, balance, driving the ball

Station 4 Hitting Cage- individual work- Stance, Stride, Situational hitting and mental approach

*11:30-Noon -Group discussion, Handouts and Tips on Aspects of Coaching/Playing

Exit interview - Individual Evaluation

13+ Campers

* 1pm-4pm- Same schedule as above except higher expectations, more in depth analysis of technique, execution, strategy and mental aspects of the game

*Thanks for attending the 1st Annual Ohio University-Chillicothe Baseball clinic

Coach Bret Mavis and the 2017 Hilltoppers