

# 2016 GEORGIA SOUTHERN BASEBALL HIGH SCHOOL PROSPECT CAMP

## SAMPLE SCHEDULE

8:00-8:45 REGISTRATION: PRIMARY PITCHERS / SECONDARY PITCHERS / CATCHERS (COPY OF PHYSICAL / COPY OF INSURANCE CARD / SIGNED WAIVER)

REGISTRATION: POSITION PLAYER @ 10:30AM

9:00-11:00 BULLPENS (PITCHERS/CATCHERS) GROUPS OF 4 PITCHERS / 2 CATCHERS

STATION		BULLPEN/GAME MOUND ROUTINE
JOG / DYNAMIC STRETCH		<b>PITCHER ONLY</b> BULLPEN: 4FB/4CB/2CH/2FB GAME MOUND: 4FB/4CB/2CH/2FB  <b>POSITION PLAYERS</b> BULLPEN: 3FB/3CB/2CH/2FB GAME MOUND: 3FB/3CB/2CH/2FB
HURDLES / LADDER / SMALL HURDLES		
MED BALL / SPRINTS		
BANDS		
THROWING I		
THROWING II		
BULLPEN		
GAME MOUND		
ARM CARE		

JOG/DYNAMIC STRETCH – HURDLES/LADDER – MED BALL/SPRINTS – BANDS – THROWING I – THROWING II – BULLPEN – GAME MOUND

11:10-11:30 INTRODUCTION/RECRUITING/ACADEMIC TALK (IN STANDS WITH PARENTS/PLAYERS)

11:35-11:50 STRETCH (1<sup>ST</sup> Base Dugout): Teams 1/2/3/4 (3<sup>rd</sup> Base Dugout): Teams 5/6/7/8

12:00-12:30 INDIVIDUAL DEFENSIVE WORK

PRIMARY POSITION (30 MINUTES) PITCHING/CATCHING/INFIELD/OUTFIELD

12:40-1:25 DEFENSIVE ROTATION I (45 MIN)

- (1) SHOWCASE – TEAMS 1/2/3/4
- (2) 60 YD / WARM-UP & THROW – TEAMS 5/6/7/8

\*Teams 5/6/7/8 will throw in RF after 60\*

1:30-2:15 DEFENSIVE ROTATION II (45 MIN)

- (1) SHOWCASE – TEAMS 5/6/7/8
- (2) 60 YD / WARM-UP & THROW – TEAMS 1/2/3/4

\*Teams 1/2/3/4 will go to lunch after 60\*

\*Teams 5/6/7/8 will go to lunch after showcase and Teams 1/2 will go to cages\*

2:30-4:30 HITTING ROTATION (15 MIN)

- (1) LIVE BP ON FIELD – TEAM 1
- (2) OFF (1<sup>ST</sup> Base Dugout) – TEAM 2
- (3) SHAG LIVE AT POSITION I – TEAM 3
- (4) SHAG LIVE AT POSITION II – TEAM 4
- (5) SHAG ON TRACK/BUCKET – TEAM 5
- (6) CAGE I (FRONT TOSS) – TEAM 6
- (7) CAGE II (TEE) – EXIT VELO – TEAM 7
- (8) HITTING TALK (3<sup>rd</sup> Base Dugout) – TEAM 8

LIVE BP – OFF – SHAG LIVE – SHAG LIVE – SHAG ON TRACK – CAGE I – CAGE II – HITTING TALK

4:45 DISMISS POSITION PLAYERS