

JACKSONVILLE BASEBALL

Youth Baseball Camp Itinerary July 16-19th

Monday

8:15 AM - 9:00 AM: Check-in and Registration

- Campers arrive and check in.
- Assign campers to their groups based on age/skill level.

9:00 AM - 9:40 AM: Welcome and Warm-Up

- Introduction by camp director and coaches.
- Overview of the day's schedule and rules.
- Dynamic warm-up session

9:40 AM - 9:50 AM: Break and Hydration

- Short break for hydration.

9:50 AM – 11:40 AM: Skill of the Day (Hitting)

- Teach fundamentals of Hitting (15-20 minutes)
- Divide campers into small groups; each group rotates through stations every 15 minutes
 1. **Hitting Station: Cages** – Tee work – High Tee/Low Tee
 2. **Hitting Station: Cages** – Front Toss
 3. **Hitting Station: Game Field** - On Field BP
 4. **Hitting Station: Game Field** - Shag
 5. **Hitting Station: Half Diamond** – BP off the machine

10:20 AM - 10:30 AM: Break and Hydration

- Short break for hydration.

11:00 AM - 11:10 PM: Break and Hydration

- Short break for hydration.

11:40 AM - 11:50 PM: Break and Hydration

- Short break for hydration.

11:50 PM - 12:20 PM: Scrimmage Games

- Divide campers into teams for live scrimmage games.

12:20 PM – 12:30PM: Walk to Moran Canter for Lunch

12:30 PM - 1:30 PM: Lunch Break

- Lunch (provided by the camp in the Moran Center).

1:30PM - 2:45 PM: Scrimmage Games

- Divide campers into teams for live scrimmage games.

2:45 PM - 3:00 PM: Cool Down and Closing Remarks

- Coaches provide feedback and encouragement.
- Campers are dismissed; parents pick up their children.

Tuesday

8:15 AM - 9:00 AM: Check-in and Registration

- Campers arrive and check in.
- Assign campers to their groups based on age/skill level.

9:00 AM - 9:20 AM: Welcome and Warm-Up

- Introduction by camp director and coaches.
- Overview of the day's schedule and rules.
- Dynamic warm-up session

9:20 AM - 9:30 AM: All Campers Throw

9:30 AM - 9:50 AM: Skill of the Day (Defense)

- Fielding Instruction: INF, then OF

9:50 AM - 11:00 AM: Defensive work – Rotations – Coaches stay at station

- Each group rotates through stations every 9 minutes.
 1. **Defense Station: 3B on Clay – DEEP:** Roll ground balls, hit fungo w/ no throw
 2. **Defense Station: 2B on CLAY:** Ground Balls with Throw to 1B (sock net) from SS & 2B

10:10 AM - 10:20 AM: Break and Hydration

- Short break for snacks and hydration.
 1. **Defense Station: LEFT FIELD LINE:** Fly Ball Communication - machine
 2. **Defense Station: CENTER FIELD:** Fly Ball Football Routes & Belly Up – Coach throw

10:40 AM - 10:50 AM: Break and Hydration

- Short break for snacks and hydration.
 3. **Defense Station: RIGHT FIELD:** OF Ground Balls (One Knee, Standard and Do-or-Die)

11:05 AM - 12:20 AM: Scrimmage Prep (Hitting) – Coaches stay at station

- Divide campers into small groups; each group rotates through stations every 12 minutes
 1. **Hitting Station:** Tee - cages
 2. **Hitting Station:** Front Toss – cages

11:30 AM - 11:40 AM: Break and Hydration

- Short break for snacks and hydration.
 3. **Hitting Station:** Wiffle Balls – Left Field
 4. **Hitting Station:** On-Field BP – Center field
 5. **Hitting Station:** Half Diamond – machine

12:20 PM – 12:30PM: Walk to Cafeteria for Lunch

12:30 PM - 1:30 PM: Lunch Break – 45 min lunch, 15 cool down in locker-room)

- Lunch (brought by campers or provided by the camp).

1:30 PM - 2:45 PM: Scrimmage Games

- Divide campers into teams for live scrimmage games.

2:45 PM - 3:00 PM: Cool Down and Closing Remarks

- Coaches provide feedback and encouragement.
- Campers are dismissed; parents pick up their children.

Wednesday

8:15 AM - 9:00 AM: Check-in and Registration

- Campers arrive and check in.
- Assign campers to their groups based on age/skill level.

9:00 AM - 9:20 AM: Welcome and Warm-Up

- Overview of the day's schedule and rules.
- Dynamic warm-up session

9:20 AM - 9:40 AM: All Campers – BASERUNNING

- Home to 1B, Round 1B, Double

9:40 AM - 9:50 AM: Break and Hydration

9:50 AM - 10:00 AM: All Campers Throw

- Play catch

10:00 AM - 11:00 AM: Skill of the Day (Throwing & Receiving)

- Divide campers into small groups; each group rotates through stations every 10 minutes.

1. **Throwing Station: CF:** 4 Corners, throw into net (hula hoop)

2. **Throwing Station: RF:** OF throws to 2B on FBs and GBs (use buckets), throwing chain
3. **Receiving Station: INF:** Catching the Ball at 1B (include picks) / 6-4 and 4-6 double play feeds – use machine

10:20 AM - 10:30 AM: Break and Hydration

- Short break for hydration.
- 4. **Pitching Station:** Leg Lift with Toe Taps and Rocker Drills
- 5. **Pitching Station:** Throwing off Bullpen Mound / Ball on tee drill

11:00 AM - 11:10 AM: Break and Hydration

- Short break for hydration.

11:10 AM - 12:20 PM: Scrimmage Prep (Hitting)

- Divide campers into small groups; each group rotates through stations every 12 minutes
 - **Hitting Station:** Tee - cages
 - **Hitting Station:** Front Toss – cages

11:30 AM - 11:40 AM: Break and Hydration

- Short break for snacks and hydration.
 - **Hitting Station:** Wiffle Balls – Left Field
 - **Hitting Station:** On-Field BP – Center field
 - **Hitting Station:** Half Diamond – machine

12:20 PM – 12:30PM: Walk to Cafeteria for Lunch

12:30 PM - 1:30 PM: Lunch Break

- Lunch (Provided in the moran center).

1:30 PM - 2:10 PM: Scrimmage Games

- Divide campers into teams for live scrimmage games.

2:10 PM - 2:45 PM: SLIP AND SLIDE

- Set up tarps next to Half Diamond

2:45 PM – 3:00 PM: Cool Down and Closing Remarks

- Coaches provide feedback and encouragement.
- Campers are dismissed; parents pick up their children.

Thursday

8:15 AM - 9:00 AM: Check-in and Registration

- Campers arrive and check in.
- Assign campers to their groups based on age/skill level.

9:00 AM - 9:20 AM: Welcome and Warm-Up

- Overview of the day's schedule and rules.
- Dynamic warm-up session

9:20 AM - 9:30 AM: All Campers Throw

9:30 AM – 11:00 AM: Skill of the Day (Teamwork & Competition Day)

- **Comp 1:** 4 Cone Agility
- **Comp 2:** Single, Double, Triple, HR Relay

10:00 AM - 10:10 AM: Break and Hydration

- **Comp 3:** Dizzy Bat Run and Throw
- **Comp 4:** Team Cutoff Relay

10:30 AM - 10:40 AM: Break and Hydration

- **Comp 5:** Front Toss Hitting Points
- **Comp 6:** Strike Competition in Bullpen

11:00 AM - 11:10 AM: Break and Hydration

- Short break for hydration.

11:10PM - 12:20 PM: Scrimmage Games

- Divide campers into teams for live scrimmage games.

11:40 AM - 11:50 AM: Break and Hydration

- Short break for hydration.

12:20 PM – 12:30PM: Walk to Cafeteria for Lunch

12:30 PM - 1:30 PM: Lunch Break

- Lunch (Provided in the Moran Center).

1:30PM - 2:15 PM: Scrimmage Games

- Divide campers into teams for live scrimmage games.

2:15 PM - 2:45 PM: Slip N Slide

- Divide campers into teams for live scrimmage games.

2:45 PM - 3:00 PM: Cool Down and Closing Remarks

- Coaches provide feedback and encouragement.
- Campers are dismissed; parents pick up their children.