

Hitters Camp (specific name not created)

Three Day Camp- 8:00am – 1:00pm

Mission Statement/Idea behind this Specialty Programming:

While the best players in the game possess a high level of natural talent, great players who are consistently among the game's best accompany this natural ability with an extreme importance placed on preparation and mental toughness. The mission of this specialty programming is to sharpen the competitive IQ of young athletes and to make them aware of the many little things today's top players work on every day to raise their game to higher levels. This will be accomplished through the use of small group instruction which coincides with a classroom style learning environment. This programming is designed for players who: 1) possess a firm understanding of the game's fundamentals 2) have at least 3-5 years experience 3) possess the long-term goal of playing the game at a much higher level.

- **8:00 – 8:15:** Check in

- **8:15 – 8:45:** Early Work
 - o **Day 1:** Bunting Sac/Base Hit
 - o **Day 2:** Vision/Pitch Recognition
 - o **Day 3:** Hitting the breaking ball
- **8:50 – 9:30:** Comprehensive Warm-Up
 - o **Same program, days 1-3**
 - Dynamic Flexibility
 - Stretching Program
 - Ab-work
- **9:35 – 10:05:** Tee Work → Soft Toss
 - o **Tee work:**
 - 10 Middle
 - 10 Inner Half
 - 10 Outer Half
 - o **Soft Toss w/ Partner**
 - 10 Middle
 - 10 Inner Half
 - 10 Outer Half
- **10:10 – 11:00:** Situational Hitting

- **Day 1:** Situations
 - Ahead in count
 - Behind in count
- **Day 2:** Situations
 - Hit and run execution
 - Hitting behind runners
 - Runners in scoring position
- **Day 3:** Situations
 - Sac Bunt
 - Bunt for a hit
- **11:05 – 12:05:** Hitter's Circuit (20 Minutes each station)
 - Swing away- Machine or Live Pitcher
 - Conditioning
 - Strength Training
 - **Day 1:** Forearm/Grip strengthening
 - **Day 2:** Lower Body
 - **Day 3:** Upper Body
- **12:10 – 1:00:** Hitters Workshop
 - **Day 1:**
 - On-deck preparation
 - Between pitch routine
 - Recognizing pitcher tendencies
 - Role in the line-up
 - **Day 2:**
 - Getting in the pitcher's head
 - In-game adjustments
 - Learning from success
 - Learning from failure
 - **Day 3:**
 - Make batting practice count
 - Lessons learned by watching from bench/another position
 - Unselfishness/being a good teammate

- Staying within yourself/trusting your ability