

Baseball Camp Daily Overview



Skyhawks Sports Academy - Private and Confidential

Half-Day 9am-12pm Schedule

Camp Opening	Dynamic Warm Up/Camp Game	Skill of the Day Instruction	Skill of the Day Drills & Games	Snack Break	Camp Game	Skill of the Day Drills & Games	Scrimmage Activities	Camp Close
10 minutes 8:50 - 9:00am	20 minutes 9:00 - 9:20am	5 minutes 9:20 - 9:25am	55 minutes 9:25 - 10:20am	15 minutes 10:20 - 10:35am	15 minutes 10:35 - 10:50am	45 minutes 10:50 - 11:35 am	20 minutes 11:35 - 11:55am	5 minutes 11:55am-12:00pm
Coaches should be playing a game with the children as Director checks-in the rest of the group.	Include a discussion about the Life Skill of the Day during this period. On Tues-Fri, play Camp Games that incorporate sport skills taught earlier in the week to review.	Sports instruction must begin within first 20 minutes of camp. Introduce sport skill using Whole-Part-Whole. Use 3-4 simple coaching cues.	Plan 2 drills & 2-3 games with a water break in between each activity.			Plan 2 drills & 2 games. Okay to use activities that practice skills that have been taught early in the week.	See Tournament Day page for ideas. Start scrimmage 10-15 min earlier on final day.	Review Sport & Life Skills of the Day before dismissal.

Full-Day Extended 12-3pm Schedule*

*Refer to Half Day Schedule above for 9am-12pm schedule

Lunch	Camp Game	Skill Based Drills & Games	Camp Game	Skill Based Drills & Games	Scrimmage Activities	Camp Close
40 minutes 12:00 - 12:40pm	20 minutes 12:40 - 1:00pm	40 minutes 1:00 - 1:40pm	15 minutes 1:40 - 1:55pm	40 minutes 1:55 - 2:35pm	20 minutes 2:35 - 2:55pm	5 minutes 2:55 - 3:00pm
Refer to "Rainy Day" activities if campers finish eating early.		Plan 1 drill & 3 games. Okay to practice skills taught earlier in the week.		Plan 1 drill & 3 games. Okay to practice skills taught earlier in the week.	See Tournament Day page for ideas. Okay to start scrimmage 10-15 min earlier on 3rd & 4th days.	Review Sport & Life Skills of the Day before dismissal.

Baseball Weekly Skill-of-the-Day

Main Skill-of-the-Day	Monday: Respect	Tuesday: Teamwork	Wednesday: Inclusion	Thursday: Leadership	Friday: Sportsmanship
	Throwing	Hitting	Fielding	Baserunning	Review Skills

Throwing	Hitting	Fielding	Baserunning
Skill Breakdown 1. Grip - hold 2 fingers across laces in a "v" shape with thumb under ball 2. Side to target 3. Arm way back 4. Step with lead foot 5. Throw and follow through	1. Feet about shoulder-width apart; knees slightly bent 2. Line up the "knocking knuckles" on the handle 3. Small step with front foot to start the swing 4. Squish the bug with your back foot 5. Swing level and quick	Grounders 1. Ready position - feet shoulder-width apart, knees bent, weight on the balls of the feet 2. Glove down and open 3. Cover the ball with an "alligator mouth" 4. Cradle into the chest area Fly Balls 1. First step is back 2. Track with ball with eyes and stand directly underneath 3. Catch with two hands above your head	Grounders 1. Run through first base - option to peel off into foul territory 2. Round first in a "banana" shape 3. Always step on the inside corner of the base Sliding 1. At 8-10 ft away from base, move legs into shape of a "4" 2. Aim top leg at base 3. Hold hands in the air and lean back slightly 4. Tuck chin to chest

Baseball Skill Drills & Games

Throwing & Catching Drills	Baserunning Drills
1. Grip Bucket - Pick ball up off ground and get v grip within 1 second, ready position to throw 2. Partner Catch - Pairs of kids face each other about 15-20 ft. apart. Practice proper throwing and catching technique for the allotted time. Start with all players on one knee and progress to standing. 3. Throw and Follow - One player straddles each base. Other playes form lines behind the first player at each base. Player at home plate has a ball. Player with ball throws to the left and then runs to the end of the line at that base. Player catching tags base, then throws to player to their left. After each throw, run to the base the player threw to. 4. Throwing & Catching Relay - Teams in line across field. Players throw ball down the line to each player. First team to throw ball down & back wins.	1. Through the Bag - Players line up at backstop. Set a cone 5 ft. past 1st base on the right field foul line. In turn, each player swings the bat, starts running towards 1st base, sprints past the base maintaining full speed until reaching the cone, and then stops quickly after reaching the cone. Retreat back to base by turning right into foul territory. 2. Double, Triple, Home Run - Players practice running a double, working on "banana out". Then, run out a triple and work on hitting 2nd base in stride and on the inside corner. Finally, run out a home run while hitting the inside corner of each base. 3. Stealing - One foot on the base in ready position. Kids watch pitch and "steal" as soon as ball crosses the plate. 4. Coach's Choice - First player in the batter's box with bat. Coach stands near first base. In turn, each player swings at an imaginary pitch and starts running to 1st base. Coach gives one of three instructions: 1) Through! 2) Turn and look! 3) Go two! Go two! Runner responds appropriately 5. Time Down the Line - Put a runner at every base. Batter swings and sprints to 1st base. Coach times batter. At the same time, all runners advance to next base. As runner reaches home, they go to the end of the line. Next time the batter is up, he tells coach his previous time and tries to beat it. 6. Grass Stains - Line up players on outfield grass. Each lays a glove down about 40 ft. away. Players run towards "base" and slide.
Throwing & Catching Games	Baserunning Games
1. Countdown - Players stand in 2 lines 20 ft. apart, directly across from a partner. Each player in Line 1 has a ball. On "Go", partners begin throwing back and forth as Coach times 30 seconds on his watch. Player without the ball at the end of the time wins. 2. ABC One Step - Players stand in 2 lines 10 ft. apart.. Players throw back and forth. With each successful catch, the catching player takes one step back and calls out the next letter of the alphabet. The goal is to work through the full alphabet by making each successive throw longer. If the throw is not caught, the players must start back at "A". 3. Rolling Donut - Players stand in a straight line with ball in hand. Coach rolls a hula hoop in front of the line. Players attempt to throw their ball through the hoop as it passes in front of them. 4.Hit the Bucket - Place a bucket at 1st base and lines of players at shortstop and first base. Coach rolls a ball to the player at shortstop, who fields and throws at the bucket at 1st base. Players at 1st base field the thrown ball and throw back to coach. Hitting the bucket earns the team a point. Failure to get the throw off in 3 sec loses a point. Each player gets 3 throws, then switch teams. 5. Bullpen - Turn a bucket upside down and make a cone tower on top. Players stand in a semi-circle about 15-20 ft. around bucket. On "Go", players attempt to knock over the tower with a perfect pitch. If they hit, say "strike one" and set it up again. Continue until the players record a "strike out". 6. Get Out of My Field - *use whiffle balls only* - Split the players into 2 even teams and make a line of cones between 1st and 3rd base. One team on each side of the line. Scatter the balls between both sides. Each team throws their balls (garbage) into their opponent's yard. Set a time limit for 2 min. At the end of the time, the team with the cleanest yard wins. 7. Throw it Home - Coach stands behind home plate. One player is the "hitter" and the rest are scattered around the field. "Hitter" throws a ball as far he can anywhere in fair territory and immediately runs the bases. Whichever player fields the ball must freeze and attempt to throw the ball back to coach before the runners reaches home plate. 8. Ultimate Baseball - Same rules as Ultimate Frisbee. Two teams. Player with ball cannot move, only pivot. Teams attempt to throw ball down the field. Completed throws and catches into the end zone score a point. Change possession after incomplete passes or interceptions. First team to 7 wins.	1. Base Chase Relay - Split teams with half at 2nd base and half at home plate. On whistle, first player from each team runs all the way around the bases. When first player touches last base, second player runs. Continue until all players have run. First team around wins. 2. Catch Me If You Can - Pair up players at home plate. On "Go", one player starts running the bases. When they get halfway to 1st base, tell the second partner to go. The second player has to chase the first player around the bases and try to tag them before returning to home plate. 3. Homerun Relay - Create even groups at each base. On "Go", the player at home runs to 1st base and tags the player already there, who then runs to 2nd base and tags the runner there, and so on. Continue until the entire group has advanced one base. Use a watch to time the group. 4. Four Corners - A player on the pitching mound counts to 10 with eyes closed. All other players have 10 seconds to get to a base. After 10, the counter calls out a base. If you are on that base, you're "out" and join the counter at the mound to help count. Keep going until there is only one person left. When you get down to 4 players, there can only be 1 person per base. 5. Airplanes & Airports - Players stand on base of their choice. Coach stands on pitcher's mound with bucket of balls. On "Go", players advance to next base. While running, coach attempts to tag runners. Any runner tagged is out and helps coach in the next round.
Hitting Drills	Fielding Drills
1. Slow-Mo Swing - Players take turns gripping the bat and swinging in slow motion 2. Show Your Pocket - Coach stands in front of players with a ball as the pitcher. Players are in hitting stance. When Coach lifts front leg to begin pitching motion, players should trigger. As coach brings ball to release point, players should stride. After stride, players freeze and coach checks for positioning. 3. Hands Inside - Players stand facing a fence. Hitters stand one "bat length" away from the fence. Swing slowly, avoiding making contact with the fence. Repeat several times and increase swing speed. Progress to placing a ball on a tee in the contact zone. 4. Swing Shortener - Players stand perpendicular to a fence with back foot against the fence. Batter gets into hitting stance and swings slowly, avoiding making contact with the fence. Repeat several times and increase swing speed. Progress to placing a ball on a tee in the contact zone. 5. Tee Shots/Soft Toss - Assign 4 players to each hitting station: one hits, one sets up ball, and two shag. Rotate after 5 swings. Start with a tee and progress to soft toss. 6. Coach Pitch - One player hits while the remaining players are in the field shagging balls. Rotate hitters after 5-10 hits.	1. Dirty Fingers - Players partner up, with a line of fielders in the baseline between 2nd and 3rd, and a line of tossers 15 ft. in front of them. Fielders get into ready position, with fingertips of glove touching the ground. Tossers kneels and rolls ball at fielder's glove. Fielder must keep glove on ground until ball gets to it, then adjusts to field ball. After six reps, tossers move back to 30 feet and throw balls harder. 2. Hands in Front - Lay a bat on ground 6 ft. in front of line of players. Coach is 10 ft. in front of bat. First player assumes ready position. Coach rolls ball toward bat. Player approaches bat and sets up with feet behind bat, glove in front of it. Player fields ball and throws back to coach. Rotate through players. 3. Wider and Wider - Pair up players and spread them out on the field, two balls to each pair. Partners should set up about 15-20 ft. apart. Tosser rolls first ball to the side of partner, forcing a backhand play. Fielder makes play, sets feet and throws back to Tosser. Tosser quickly rolls second ball to other side, forcing forehand play. Play continues back and forth for 8 balls to each side. Partners switch roles and repeat. 4. Charge It! - Players line up 75 feet from Coach, who kneels by ball bucket. Shagger stands by bucket. Coach throws ball on ground, about halfway to first player in line. Player charges and fields ball and throws to shagger. Fielder follows throw and becomes shagger. Shagger runs to end of fielding line. 5. Call the Ball - Players form two lines, one behind 2nd base and one behind 3rd. Coach stands on 1st base line halfway to 1st. Coach throws pop-up midway between lines. First player who is sure of making catch yells "Ball! Ball! Ball!" Other player acknowledges by calling "You! You! You!" and runs behind caller. Player making catch throws ball to Coach, and both players go to end of other line. 6. Going Back - Players partner up and stand 30 ft. apart, with one being the Tosser and one being the Fielder. Tosser throws fly ball behind and to one side of the Fielder. Fielder goes back on ball, makes catch, then throws back. Repeat 5-8x and then switch roles. 7. Infield/Outfield - Players assume all of the fielding positions. Coach stands at home plate with a bat and bucket of balls. Routinely hit grounders and fly balls to each player and instrcut them to throw the ball to the appropriate base. Introunce game situations and rotate players around positions.
Hitting Games	Fielding Games
1. Quick Response - Set up one tee per player in a line. When the players are ready, coach will ask several random, but easy questions, such as "who has a dog?" If the player has a dog, he is allowed to hit the ball. Make the questions fun and silly. 2. Dizzy Lizzy - Create multiple teams for a relay race. One player on each team runs to a batting tee, places head on bat on the ground, spins in place 5x, and then tries to hit the ball off the tee. After the player hits, high five the next player in line. First team to have every player hit wins. 3. Up the Middle - Place 2 cones about 10 yds apart on either side of the pitcher's mound. Place another 2 cones 7 yds apart about 5 yds behind the first set. Place 2 more cones about 5 yds apart another 5 yds behind the previous set. The cones should be placed in a funnel formation. In turn, players try to hit balls between the cones. Widest cones = 1 point, middle cones = 2 points, and narrow cones = 3 points. 4. Frogs on a Lily Pad - Create numerous circles of cones or marks in the dirt in the infield. Batter gets 5 hits and tries to hit the balls into the various circles. Batter gets 1 point for each hit, 5 points for each circle the ball passes through, and 10 points if ball lands in the circle. 5. Pass the Bat - Split into 2 teams. One team fields, one team hits. Each team gets 5 minutes to bat. Each player takes one swing and then passes the bat to the next player on the team, continually rotating through players until time is up. Ground balls through the infield = 1 point, fly balls base hits to the outfield = 3 points, homeruns = 5 points. The team with the most total points wins. 6. Home Run Derby - Create an arc of cones in the outfield. Each batter gets 10 outs. Any swing that does not result in a home run is counted as an out. The player with the most home runs at the end is the champion.	1. Hit and Run - Place a soccer goal or bucket behind home plate. Scatter the players around the field. One player stands on home plate waiting for the coach to hit. While Coach hits a ball into the outfield, the player on home plate immediately starts running around the bases. The players out in the field try to field the ball and throw it into the soccer goal at home plate before the runner makes it home. Repeat until all players get a chance being the runner. 2. Fly Ball Tracking Game - Coach stands 10 ft. in front of a line of players with a bucket of balls. The players should face the opposite direction of coach. Coach tosses a ball in the air and tells the first player in line to turn. Player must find ball in the air, track it, and make the catch. Players receive a point for every catch. 3. Eliminator Challenge - Players form a line on the infield dirt. In turn, Coach hits grounders to the player, who must field cleanly and make an accurate throw back to the coach. If the ball is not fielded cleanly or the throw is off target, the player is eliminated from the competition. Continue until only one player remains. 4. Beat the Clock - Players are scattered in all fielding positions. Coach stands at home plate with a bucket of balls. Coach hits a ball out into the field and immediately starts counting down from 10. The players must field the ball and throw to 1st base before coach finishes the countdown. Adjust the time based on the ability of the players. Introduce game situations as the players progress. Fielding time is awarded one point for each "out" made before coach finishes the countdown. 5. Crossfire - Players partner up and stand 15 yds away from each other. Each player places a cone 5 ft. to each side of their body. Players will attempt to roll grounders through their partner's cones to score points. Players must play defense by properly fielding the ground balls. Play until one player scores 5 points.

Baseball Tournament Day Overview



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Half-Day 9am-12pm Schedule

Camp Opening	Dynamic Warm Up/Camp Game	Favorite Skill Based Games	Snack Break	Camp Game	Skills Challenge	Scrimmage Activities	Award Ceremony
10 minutes	20 minutes	50 minutes	15 minutes	15 minutes	20 minutes	50 minutes	10 minutes
8:50 - 9:00am	9:00 - 9:20am	9:20 - 10:10am	10:10 - 10:25am	10:25 - 10:40am	10:40 - 11:00am	11:00 - 11:50am	11:50am - 12:00pm
	Campers get to choose their favorite Camp Game after the Dynamic Warm Up.	Play 4-5 of the campers' favorite sport skill games throughout the week. Ask for suggestions on Thursday.		Campers' Choice	See Skills Challenge suggestions below.	See Scrimmage Recommendations below for ideas.	Make it fun for kids!

Full-Day Extended 12-3pm Schedule*

*Refer to Half-Day Schedule above for 9am-12pm schedule

Lunch	Camp Game	Favorite Skill Based Games	Camp Game	Scrimmage Activities	Camp Close
40 minutes	20 minutes	50 minutes	15 minutes	45 minutes	10 minutes
12:00 - 12:40pm	12:40 - 1:00pm	1:00 - 1:50pm	1:50 - 2:05pm	2:05 - 2:50pm	2:50 - 3:00pm
Refer to "rainy day" activities if campers finish eating early.	Campers' Choice	Play 4-5 of the camper's favorite games throughout the week. Ask for suggestions on Thursday.	Campers' Choice. Parents may be present, so choose a game that can incorporate a sport skill.	See Scrimmage Recommendations below for ideas. Option to remove previous Camp Game and extend scrimmage to 60 minutes.	Make it fun for the kids!

Baseball Tournament Day Ideas

Skills Challenge	Three stations that rotate every six minutes: Farthest Throw, Farthest Hit, Fastest Time Around Bases, Home Run Derby, Partner Water Balloon Toss.
Skill Based Games	Three stations that rotate every 10-15 minutes. Pick the favorite games for throwing, fielding, hitting and baserunning. Remember to reinforce three to four basic parts of the skill.

Scrimmage Recommendations

*Any time you are doing scrimmage activities, have the kids wear pinnies.

- Monday:** Learning positions, hitting off a tee, everyone bats and then switch teams
- Tuesday:** Coach soft toss, everyone bats and then switch teams. Go through order one time
- Wednesday:** Coach pitched, everyone bats; however, if you get 3 outs, clear bases and start anew
- Thursday:** Coach pitched, everyone bats; however, if you get 3 outs, clear bases and start anew. Pre-game skill showcase with 5 minute stations of fielding, throwing and pop flies.
- Friday:** See Tournament Day ideas and guidelines above.

REMINDER: Parents want to see their child participate and having fun. Make sure to include everyone during scrimmage.

Ages	Field Dimensions	Pitching Distance	Scrimmage Notes
5-7 year olds	40 feet between bases	25 feet	Whiffle or tennis balls. Option of hitting off tee or coach pitched. Use foam bat. Every kid hits or 3 outs.
7-12 year olds	60 feet between bases	45 feet	Safety baseballs or tennis balls. Option of hitting off tee or coach pitched. Use rubber or wooden bat. Every kid hits or 3 outs.