

CAMP 100 - FULL DAY - ITINERARY TEMPLATE

Morning Session					
TIME	DURATION	ACTIVITY	GROUP 1	GROUP 2	GROUP 3
800am-815am	15 Min	Review Drills for the day			
815am-855am	40 Min	Pre-Clinic Activities & Check In			
855am-900am	5 Min	Gather players and parents (INTRO)			
900am-910am	10 Min	Intro, Warm-Up, Stretch & Groupings			
910am-917am	7 Min	Agilities Rotation 1	Ladder Drills	Box Drills	Sprinter Drills
917am-920am	3 Min	Water & Transition			
9:20am-9:27am	8 min	Agilities Rotation 2	Box Drills	Sprinter Drills	Ladder Drills
9:27am-9:30am	2 Min	Water & Transition			
9:30am-9:37am	8 Min	Rotation 3	Sprinter Drills	Ladder Drills	Box Drills
9:37am-9:45am	7 Min	Water, groupings & groupings	EMPHASIZE ENERGY & TAKE TEAM OUT		
9:45am-9:57am	12 Min	Fundamental Drills - Rotation 1	Fielding	Base-Running	Throwing
9:57am-10:00am	3 Min	Water & Transition			
10:00am-10:12am	12 Min	Fundamental Drills - Rotation 2	Base-Running	Throwing	Fielding
10:12am-10:15am	3 Min	Water & Transition			
10:15am-10:27am	12 Min	Fundamental Drills - Rotation 3	Throwing	Fielding	Base-Running
10:27am-10:30am	2 Min	Water & Transition			
10:30am-10:45am	15 Min	Water & Snack & Triva in Bleachers	ENGAGE, MONITOR & BUILD RAPPORT		
10:45am-10:57am	12 Min	Fundamental Drills - Rotation 4	Hitting	Receiving	Field & Throw
10:57am-11:00am	3 Min	Water & Transition			
11:00am-11:12am	12 Min	Fundamental Drills - Rotation 5	Receiving	Field & Throw	Hitting
11:12am-11:15am	3 Min	Water & Transition			
11:15am-11:27am	12 Min	Fundamental Drills - Rotation 6	Field & Throw	Hitting	Receiving
11:27am-11:35am	8 Min	Water & Transition			
11:35am-11:55am	20 Min	Hustle Ball	EMPHASIZE HUSTLE		
11:45am-11:52am	5 Min	Clean up our house & Review	EMPHASIZE ACCOUNTABILITY		
12:00pm-12:10pm	10 Min	Check-out			
12:00pm-12:30pm	30 Min	Lunch with campers			

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TIME	DURATION	ACTIVITY	GROUP 1	GROUP 2	GROUP 3
12:30pm-12:50pm	20 Min	Team Defense Drill Set 1			
12:50pm-12:55pm	5 Min	Review & Transisition			
12:55pm-1:15pm	20 Min	Team Defenese Drill Set 2			
1;15pm-1:20pm	5 Min	Review & Transisition			
1:20pm-1:30pm	10 Min	Snack Break			
1:30pm-1:50pm	20 Min	Team Offense Drill Set 1			
1:50pm-1:55pm	5 Min	Review & Transisition			
1:55pm-2:15pm	20 Min	Team Offense Drill Set 2			
2:15pm-2:20pm	5 Min	Review & Transisition			
2:20pm-2:50pm	30 Min	Game, Scrimmage or Competition			
2:50pm-3:00pm	10 Min	Clean up our house & Review			
3:00pm-3:10pm	10 Min	Check-out			