



Advanced – Excellence Camp Content

This training camp puts the emphasis on power, speed, and precision in running, fielding and at bat.

DEVELOPMENT OF ATHLETIC ABILITIES

- Agility and coordination
- Speed and Quickness
- Flexibility
- Balance

DEFENCE

- Fielding position
- Quick Footwork
- Power position and alignment
- Throwing/Pitching techniques to obtain power

HITTING

- Alignment
- Power Position
- Power hitting techniques

RUNNING

- Starting position
- Power start
- Running techniques

