



Intermediate – Select Camp Content

Athletic Abilities development

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

Technical maintenance, development, and improvement/perfecting baseball techniques: throwing, catching, hitting running

DEFENSE

Throwing techniques and practice
Short and long distance relays
Catching techniques and practice
Footwork
Defense techniques development, maintenance and adjustments
Specific work at positions
Introduction to Defense plays
Practicing techniques while simulating play situations

OFFENSE

Hitting techniques development and maintenance

- Technical drills
- Power development
- Coordination

Running techniques

- Power starts
- Stride

Base Running

- Lead-offs
- Slides

