

## Pope Softball Camp

**Camp Director: Coach Turco**

**Outfield director / Hitting director: Coach Savransky**

**Infield Director: Coach Nelson**

**Pitching Director: Coach Miller**

**Day 1: 9 – 12:00 – INFIELD DAY / HITTING DAY**

Registration – 8:30 – 9:00

**Welcome 9:00 – 9:10** In front of the big wall

- Coach Turco will introduce camp

**9:10 – 9:25**

- Stretch with Coach Nelson

**9:25 – 9:35** – Tag games to loosen up the body!

**9:35 – 9:45** - Water

**9:45 – 9:55** – Throwing mechanics

**9:55 – 10:10** – Throwing drills and throwing games

**10:10 – 10:15** - Water

**10:15 – 10:20** – Demonstration of proper fielding mechanics for GB's

**10:20 – 10 :35** Infield drills

**10:35 – 10:40** – Water

**10:40 – 11:00** – Infield contests and games

**11:00 – 11:28**

<b>Coach Turco and Miller</b>	<b>Coach Savransky and Nelson</b>
Scrimmage game on field <ul style="list-style-type: none"><li>• Coach Miller will pitch</li></ul>	<ul style="list-style-type: none"><li>• Offensive stations</li></ul>

**11:28 – 11:35** – water and rotate

**11:35 – 11:55**

<b>Coach Turco and Miller</b>	<b>Coach Savransky and Nelson</b>
Scrimmage game on field	<ul style="list-style-type: none"><li>• Offensive stations</li></ul>

**11:55 – 12:00** – meet in CF – Discuss days events and send home

**Day 2: 9 – 12:00 – Outfield / HITTING DAY**

**Welcome 9:00 – 9:10** In front of the big wall

- Coach Turco will briefly talk about how day

**9:10 – 9:25**

- Stretch with Coach Nelson

**9:25 – 9:35** – Tag games to loosen up the body!

**9:35 – 9:45** - Water

**9:45 – 10:05** – Throwing drills and throwing games

**10:05 – 10:15** - Water

**10:15 – 10:20** – Demonstration of proper fielding mechanics for FB's

**10:20 – 10 :35** – OF Drills

**10:35 – 10:40** – Water

**10:40 – 11:00** – Outfield contests and games

**11:00 – 11:28**

<b>Coach Turco and Miller</b>	<b>Coach Savransky and Nelson</b>
Scrimmage game on field <ul style="list-style-type: none"><li>• Coach Miller will pitch</li></ul>	<ul style="list-style-type: none"><li>• Offensive Stations</li></ul>

**11:28 – 11:35** – water and rotate

**11:35 – 11:55**

<b>Coach Turco and Miller</b>	<b>Coach Savransky and Nelson</b>
Scrimmage game on field <ul style="list-style-type: none"><li>• Coach Miller will pitch</li></ul>	<ul style="list-style-type: none"><li>• Offensive stations</li></ul>

**11:55 – 12:00** – meet in CF – Discuss days events and send home

**Day 3: Baserunning / Pitching and Catching / Hitting**

**Welcome 9:00 – 9:10** In front of the big wall

- Coach Turco will briefly talk about days events

**9:10 – 9:25**

- Stretch with Coach Nelson

**9:25 – 9:40 – Baserunning groups, mechanics and drills**

**9:40 – 9:50** - Water

**9:50 – 10:05** – Throwing drills and throwing games

**10:05 – 10:15** – Water

**10:15 – 10:30** – Coach Miller will give a pitching talk to the whole camp and Coach Turco will quickly talk about catching to the whole camp

- Allow campers to choose to work as a pitcher or catcher

**10:30 – 10:45**

- Pitching and Catching drills

**10:45 – 10:50** – Water

**10:50 – 11:30**

<b>Coach Savransky and Nelson</b> <ul style="list-style-type: none"><li>• Hitting Stations</li><li>• (6-9 year olds)</li></ul>	<b>10,11,12 – Turc and Jenn / 1 player</b> Live pitching on field vs. Live hitters (10, 11, and 12 year olds) <ul style="list-style-type: none"><li>○ Coach Miller will fill in where needed</li></ul>
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**11:30 – 11:35** – Water

**11:35 – 11:55**

<b>6 – 9 year olds - Coach Turco and Miller</b>	<b>10 – 12 Coach Savransky and Nelson</b>
Scrimmage game on field <ul style="list-style-type: none"><li>• Coach Miller will pitch</li></ul>	<ul style="list-style-type: none"><li>• Hitting Stations</li></ul>

**11:55 – 12:00** – Wrap up in CF

**Day 4: Fun Day / Scrimmage day**

**Welcome 9:00 – 9:10** In front of the big wall

- Coach Turco will briefly talk about day

**9:10 – 9:25** – Stretch with Coach Nelson

**9:25 – 9:45 – Base-running groups** - On Field Older group; setup small field in CF for youngsters

- Base-running review

**9:45 – 9:55** – Water

**9:55 – 10:35**

<b>6,7,8,9 - Coach Turco and Miller</b>	<b>10,11,12 – Coach Savransky and Nelson</b>
Scrimmage game on field <ul style="list-style-type: none"><li>• Coach Miller will pitch</li></ul>	<ul style="list-style-type: none"><li>○ Offensive work</li></ul>

**10:35 – 10:45** - Water

**10:45 – 11:15**

<b>10,11,12 – Coach Turco and Miller</b>	<b>6,7,8,9 – Coach Savransky and Nelson</b>
Scrimmage game on field <ul style="list-style-type: none"><li>• Coach Miller will pitch</li></ul>	<ul style="list-style-type: none"><li>• Offensive work</li></ul>

**11:15 – 11:35** – Water and setup slip and slide and demonstrate proper sliding techniques

**11:35 – 11:50** – Slip and slide

**11:50 – 12:00** CF to give out camp awards and send home