

CACTUS CAMP AT CACTUS YARD – Tentative Itinerary

8:30-9:00 Check in

9:00-9:15 Introductions / Preview / Safety Rules

9:15-9:30 Active Dynamic Warm Up

9:30-10:50 Primary position work (Pitchers go w/ pitching coaches, catchers go with catching coaches, infielders go w/ infield coaches, outfielders go with outfield coaches)

10:50-12:30 Secondary position work (Coaches go through same drills & routine with new group of kids)

12:30-1:30 Lunch Break

1:30-1:45 Abbreviated Active Dynamic Warm Up

1:45-4:30 Offensive stations (Will include: tee work, toss drills, bunting, base running, strength work and live BP)

*To keep groups even, we may ask that you go to your secondary position first and primary second.