



Baseball Camp Information

Our baseball camps will focus on the fundamentals of fielding all positions, hitting, bunting and base running. Every skill session will be adjusted to meet the camper's age and skill ability. Each skill session will also have drills based on a theme i.e. Soft hands, footwork, weight shift hitting, etc. Each player will be assigned a specific group which will rotate to assigned fields on the DYAA Crapo Complex.

Players will be divided into 4 groups and then adjusted based on their skill level

- T Ballers Ages (6-7)
- Junior Leaguers (7-9)
- Little Leaguers (10-12)
- Pony (13-14)

Players Day 1 scenario

- 8:30-9:00 Sign in, Specific baseball stretch and warm up drills
- 9:00 -9:15 – Water break and move to assigned field
- 9:15-10:15 – Fielding Session 1
- 10:15-10:30 – Water break and move to assigned field
- 10:30-11:30 – Hitting Session 1
- 11:30-12:00 – Lunch (under shaded pavilion)
- 12:00-1:00 – Fielding session 2
- 1:00-1:15 – Water break and move to assigned field
- 1:15-2:30 – Scrimmage
- 2:30 – Sign out

Coach/Player ratio – 1 to 10

Skill themes - Themes and drills are adjusted for player age and ability, players are coached and drills are practiced based on themes.

- Fielding Session 1 – Quick soft hands, Infield fielding footwork, Fielding Posture, Follow through throwing.
- Fielding Session 2 – Infield glove positioning forehand and backhand, “Ground up” fielding, Fielding the “hop”
- Fielding Session 3 – Turing the “Double Play”, Underhand toss, 2nd baseman pivot, Short Stop pivot
- Fielding Session 4 – Outfield and the tracking of fly balls, Outfield footwork for fly balls and groundballs, the relay
- Hitting Session – Each day players will rotate through the hitting session which will focus on the stance, hand-eye development and the swing weight shift.

The last 20 minutes of each session will end with a game situational drill which will put into play the skills that were coached and practiced during that session.

At the end of each day all players will have an “All In” Scrimmage. This scrimmage style was developed by Buzzards Bay Athletics in order to coach all aspects of the game and eliminate any player from going to bat, making an out, and sitting back down until the inning is over. There is NO FUN in that. No matter what, all players will take all bases and try to score and the defense will try to make as many outs as possible.

Friday Baseball Olympics – Fridays will be filled with events that focus on baseball challenges that will have the players competing within his/her age and ability group in various baseball activities i.e. most accurate throw, longest throw, longest hit, most hits, fastest around the bases etc.

For any further information please contact Mark A Cruz, Director at buzzardsbayathletics@gmail.com

Play Ball!

Baseball Camp

June 26-30 & July 17-21
DYAA Crapo Field
8:30-2:30

- ★ Player T-Shirts
- ★ Ages 6-14

\$140/WK



Our local coaching staff will work with players during these 5 days of baseball-filled activities that focus on the fundamentals of the game. Each player will rotate through 3 sessions of station-based drills which include hitting, fielding all positions and situational game scenarios followed by a scrimmage. Breakout sessions for pitchers and catchers.



Online registration opens April 15
BuzzardsBayAthletics.com
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