

BASES – Hitting Camp

CAMP CONTENT:

- Hitting Overview: Power, Big Zone, Efficiency
- Right View Pro video review
- Preparation to Swing (stance, negative move, toe touch)
- Swing (heel plant, connection, bat lag, contact, extension, finish)
- How to hit with “Power”
- How to hit in a “Big Zone”
- How to hit with “Efficiency”
- What does success in hitting look like?
- Hitting Stations (including live pitching stations)
- Drills (tee work, one hand drills, Frisbee drills, soft toss, etc.)

NOTES:

1. All campers may be dropped off at BASES as early as 8:45AM. Players arriving prior to 8:45AM MUST be supervised while camp staff prepares for the day’s instruction.
2. Campers may bring drinks/snacks with them. Drinks/snacks will also be available for sale in the BASES Pro Shop. Drinks are generally \$1-\$1.25 each and snacks are generally \$0.75-\$1 each
3. All campers MUST be picked up at Noon. After-care IS NOT OFFERED for this camp.
4. Campers attending both the Hitting Camp and Catcher’s Camp should bring their lunch and drinks with them. Those campers will eat their lunch at the end of Hitting Camp. Supervision will be provided during the lunch period for those campers attending BOTH camps.