



Diamond Skills Baseball 2024 All-American Camp

Morning Session

7:30- 7:50 Group Stretch

7:55-8:50 Offensive Workout

Group 1 Hitting Rotation (JR/SR)

Station 1- Underhand Front Flip/Bounce Drill

Station 2- Side Toss

Station 3- Batting Tee

Station 4- Batting Cage

Group 2 Hitting Rotation (FR/SO)

Station 1- Underhand Front Flip/Bounce Drill

Station 2- Side Toss

Station 3- Batting Tee

Station 4- Batting Cage

8:55-9:15 Juniors & Seniors Run 60, Freshman & Sophomore Throw

9:15-9:35 Freshman & Sophomore Run 60, Juniors & Seniors Throw

9:40-10:50 Defensive Fundamentals

OUTFIELD

9:40-10:15 Outfielders Throwing on Main Floor

10:15-10:50 Outfielders on Track

INFIELD

9:40-10:15 Infielders on Track for fundamental work

10:15-10:55 Main Floor for Live Fungos

Afternoon Session

11:00-11:20 Warm UP

11:20-11:30 60's

11:30-12:00 Catcher Pop Times/Pitchers Schedule

12:00-2:00 Bullpens, Pitchers work and Offense

**Each rotation will be 25-30 minutes*

Catchers Stations – Bullpens, Live Offense, Bullpens, Fundamental/Metric

Pitchers Stations – Bullpen, PFP, Offense, Sport Performance