

2016-2017 BSUK HIGH PERFORMANCE ACADEMY SOFTBALL PROGRAMME

HIGH PERFORMANCE ACADEMY SOFTBALL TRYOUT					
SUNDAY 2 OCTOBER 2016 - FARNHAM PARK BASEBALL & SOFTBALL COMPLEX					
TIME	WARM-UP/COOL DOWN	STATION 1 - INFIELD	STATION 2 - OUTFIELD	STATION 3 - PITCHING & CATCHING	STATION 4 - HITTING
10.00 - 11.00 A.M.	COACHES - MEET AND SET UP FOR THE SESSION				
10.30 - 11.00 A.M.	PLAYERS - ARRIVE, REGISTER AND CHECK IN				
11.00 - 11.15 A.M.	DYNAMIC WARM-UP	DYNAMIC WARM-UP	DYNAMIC WARM-UP	DYNAMIC WARM-UP	DYNAMIC WARM-UP
11.15 - 11.30 A.M.		BASE RUNNING	BASE RUNNING	BASE RUNNING	BASE RUNNING
11.30 - 11.50 A.M.		THROWING PROGRAMME	THROWING PROGRAMME	THROWING PROGRAMME	THROWING PROGRAMME
11.50 - 11.55 A.M.	BREAK	BREAK	BREAK	BREAK	BREAK
11.55 A.M. - 12.40 P.M.		GROUP 1	GROUP 2	GROUP 3	GROUP 4
12.40 - 1.00 P.M.	SNACK/LUNCH	SNACK/LUNCH	SNACK/LUNCH	SNACK/LUNCH	SNACK/LUNCH
1.00 - 1.45 P.M.		GROUP 2	GROUP 3	GROUP 4	GROUP 1
1.45 - 1.50 P.M.	BREAK	BREAK	BREAK	BREAK	BREAK
1.50 - 2.35 P.M.		GROUP 3	GROUP 4	GROUP 2	GROUP 1
2.35 - 2.40 P.M.	BREAK	BREAK	BREAK	BREAK	BREAK
2.40 - 3.25 P.M.		GROUP 4	GROUP 3	GROUP 1	GROUP 2
3.25 - 3.40 P.M.	COOL DOWN	COOL DOWN	COOL DOWN	COOL DOWN	COOL DOWN
3.40 - 4.00 P.M.	DEBRIEF & WRAP-UP (ALL)	DEBRIEF & WRAP-UP (ALL)	DEBRIEF & WRAP-UP (ALL)	DEBRIEF & WRAP-UP (ALL)	DEBRIEF & WRAP-UP (ALL)