

2016-2017 BSUK ACADEMY SOFTBALL PROGRAMME

REGIONAL ACADEMY SOFTBALL SESSIONS					
LANGLEY ACADEMY - SLOUGH					
TIME	WARM-UP/COOL DOWN	STATION 1	STATION 2	STATION 3	STATION 4
9.30 - 10.00 A.M.	COACHES - MEET AND SET UP FOR THE SESSION				
9.30 - 10.00 A.M.	PLAYERS - ARRIVE, REGISTER AND CHECK IN				
10.00 - 10.15 A.M.	DYNAMIC WARM-UP	DYNAMIC WARM-UP	DYNAMIC WARM-UP	DYNAMIC WARM-UP	DYNAMIC WARM-UP
10.15 - 11.35 AM		TEE WORK	SHORT GAME	BASE RUNNING	VIDEO ANALYSIS/FRONT TOSS/BP
11.35 A.M. - 12.00 P.M.	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
12.00 - 1.20 P.M.		THROWING PROGRAMME	JAEGER PITCHING PROGRAMME	CATCHING	INFIELD & OUTFIELD
1.20-1.30 P.M.	BREAK	BREAK	BREAK	BREAK	BREAK
1.30 - 2.40 P.M.		GAME SCENARIOS	GAME TACTICS	TEAM ACTIVITIES	UNSTRUCTURED FUN GAMES
2.40 - 2.50 P.M.	COOL DOWN	COOL DOWN	COOL DOWN	COOL DOWN	COOL DOWN
2.50 - 3.00 P.M.	DEBRIEF & WRAP-UP (ALL)	DEBRIEF & WRAP-UP (ALL)	DEBRIEF & WRAP-UP (ALL)	DEBRIEF & WRAP-UP (ALL)	DEBRIEF & WRAP-UP (ALL)