



COMPLETE PERFORMANCE BASEBALL ACADEMY

Located in the NJ Sports House
12 Wright Way, Oakland, NJ

PRE-SEASON 6-WEEK INFIELDER CAMP

JANUARY DATES (17/24/31)

Time: 8:00pm – 9:30 pm

FEBRUARY 7/14/21

(Ages 13u-18u)

Cost: \$325

Additional information: Call (201) 741-1035

Email: completeperformancebaseball@gmail.com

This unique camp opportunity prior to the start of the baseball season is for players who committed to preparing for the upcoming high school season. The camp is designed specifically for INFIELDERs. The camp will consist of weekly fundamental training objectives for skill development for all infielders in preparation for the season.

CAMP HIGHLIGHTS:

Week #1 Dynamic Warm up Footwork agilitys Throw to prepare arms for positional throwing Explain / demo 2 man lead up drills Execute 2 man drills with perfect technique Prep steps – on pitcher timing – corners and middle GB approach drills Fungo / machine GB with pause at contact and live with throwing footwork	Week #2 Dynamic Warm up Footwork agilitys – cones / ladders / line drills Throw to prepare arms for positional throwing Execute 2 man drills with perfect technique Review Prep steps – on pitcher timing – corners and middle GB approach drills Short hop drills	Week #3 Dynamic Warm up Footwork agilitys – cones / ladders / line drills Throw to prepare arms for positional throwing Execute 2 man drills with perfect technique Partner gb – ST with pause at catch and throw – 5 and switch Glove work drills – short hop drills Angle GB Box drills Fungo / machine GB with pause at contact and live with throwing footwork
Week #4 Dynamic Warm up Footwork agilitys – cones / ladders / line drills Throw to prepare arms for positional throwing Box drills – DP rocker / DP shuffle / Inside turn / Glove side turn / Partner gb – ST / GL / BH Triangle drills – execute with throwing footwork Glove work drills – short hop drills ST / GL / BH / closed BH / power step / with tag / BH with tag Tag partner –GB recover drills – emphasis on footwork through angle GB Double play progression drills Fungo / machine GB with pause at contact and live with throwing footwork	Week #5 Dynamic Warm up Footwork agilitys – cones / ladders / line drills Throw to prepare arms for positional throwing Partner gb – ST / GL / BH Triangle drills – execute with throwing footwork Glove work drills – short hop drills Double play progression drills – pivots Teach footwork on pivots 1B - hold runner / off runner / behind line / force release Teach slow roller – ST / GL / BH – Depth 4 GB line drills Fungo / machine GB with pause at contact and live with throwing footwork	Week #6 General review of all concepts and techniques

Speed / Strength / Agility Training Option



Fast Twitch Training
2x week (Tues/Fri)

\$100 month or \$250 for 3 months.

All packages must be purchased up front.

Please mail payment and a COMPLETED PLAYER REGISTRATION FORM.

Balance of payment due on the first day of camp.

6 week infield camp - **\$150 NON-REFUNDABLE DEPOSIT DUE NOVEMBER 30, 2019**

Name _____ Age _____ Grade _____ Positions played _____

Street Address _____ Town _____

Phone # _____ High School Attending _____

Email _____

Fast Twitch Option:

Registering for Fast Twitch (Please circle the camp you are registering for):

1 month (Choose: December / January / February) or 3 months (December-February)

Make checks payable to COMPLETE PERFORMANCE BASEBALL ACADEMY.

Send payment and registration to MAILING ADDRESS: Complete Performance Baseball Academy
31 Edgar Place
Nutley, NJ 07110

Parent Signature _____

Date _____