



Comets Youths Sports (Comets Elite 16u) /
 Mooresville Recreation Department

Annual Softball Camp



July 29 - Aug. 1, 2019 at Cornelius Park

Rising 1st - 5th grade
 Rising 6th - 10th grade

Time 9:00am - Noon
 Time 1:00pm - 4:00pm

Note: 11th - 12th grades are welcome

FREE COMETS SUMMER CAMP T-SHIRT FOR ALL ATTENDEES

PITCHER / CATCHERS

We will have one of the top College Pitchers in the Area present for a 2 hour session during the week.

Pitchers: (grouped according to experience). Will work on: Fundamentals, Proper Mechanics, and Warm-Up Drills.

Catchers: (grouped according to experience). Will work on: Fundamentals, Stance, Receiving, Framing, Dropping & Blocking, Pop Flys, Bunt pick-ups, Throw downs, Throwing from Knees, Pick offs, & Pop Times measured.

If a pitcher/catcher is interested, we will do a supervised daily 1 hour session with each pitcher/catcher.

HITTING / SLAPPING/ BUNTING

We will video all of the campers, do a hitting analysis, review with each individual camper the results of the analysis, and email the camper a printout.

Hitting- Fundamentals of a good hitter, What is a Good Hitter, Tee Work, Coach Pitch, 9 Steps of Hitting, Breakdown of the Swing, and etc.

Slapping- Fundamentals of a Good Slapper, What is a Good Slapper, Tee Work, Coach Pitch, Breakdown of the Swing, and etc.

Bunting- Fundamentals of Bunting, Stance for bunting, Bunt Placement, Drag Bunt, Push Bunt, etc.

INFIELD / OUTFIELD

Infield- Infielders will work on Fielding Ground Balls, Fielding Techniques, Foot Work, Throwing Techniques, Base Coverage, Bunt Coverage, and Slap Coverage and etc.

Outfield- Outfielders will work on Catching Fly Balls, Drop Step, Crow Hop, Throwing Techniques, How to pick up a Fly Ball, Back-up Fielders, Dive and Slide for Catches, etc.

Situational Play- How infielders do base coverage with throws coming from an outfielder. How and where outfielders throw the ball to a certain base.

BASE RUNNING/SLIDING/DIVING

Base Running- What are the fundamentals of Running. How to Run, Base Runners will learn how to Run Bases, When to Run and When Not to Run, Take Signs, Take Leads, Dive Back to the Base.

Sliding & Diving- Fundamentals of sliding into a base and diving back to a base (different types of sliding). For the young ages or new sliders, we will be using the slip and slide to teach the methodology for sliding.

Fun Games- A little competition to give some small prizes away.

Comet's Treat - We will have Top Current College Players talking to Campers and assisting with instructions at different times during the Camp.

Camp is hosted by COMETS ELITE 16u

Roger McGuffey -Head Coach Comets Elite 16u