

# 2023 Little League Summer Camp Curriculum

## Hitting

- Three Phases of Hitting...Setup, Load, Explosion with Swing Path
- Development of a Short, Compact Swing
- Understanding the “Strike Zone”
- Learning How to Utilize Your Hips in Hitting (Drop /Pop Drill)
- Aggressive Hitting Mentality
- Fungo Hitting
- Supervised On-Field Batting Practice

## Middle Infield Defensive Skills

- Fielding Fundamentals for Basic Ground Ball with Crow Hop Steps and Throws

## Throwing Mechanics

- Multiple Throwing Drills to Develop Proper Throwing Mechanics
- How to Use Your feet to Make Stronger Throws
- Emphasis on strong glove side

## Outfield Defensive Skills

- How to Catch the Basic Fly Ball
- How to Crow Hop into Scarecrow Position
- Infield Technique for Outfield Grounders

## Base Running Skills

- Proper running form
- Running through first base
- Looping
- Running from first to third
- Tagging Up from 2B and 3B

## Conditioning

- Butterfly Skips
- Baseball Stretches
- Mini Boot Camp
- Noodle Tag

## Sliding

- Figure 4 Slide
- Figure 4 Pop Up Slide
- By Pass Slide