

January 19th, 2020 Jr. Chargers Camp

11:00/1:00- Introduction to Defense
Job?
What does it take?
How can you improve?

11:10/1:10- Athleticism/Anticipation (7 min.)

- 1) Feet
 - a) Ladder Pattern + Field
- 2) Hands
 - a) Ball Handling (Round the world, figure 8, scissors)
 - b) Hurdles + Eyes Up Catch/Return (knees up, linear/lateral)
- 3) Posture - Paddle fielding - Everyday Drills (Rolled 2x, short hop 2x)
 - a) Body Angle
 - b) Glove Angle
- 4) Positioning - 3 Ball Drill (Dry) - Ready/Field/Throw
- 5) Throwing - Grip (4 seam), Sequencing, Transfer
 - a) Seated (1.5 min)
 - b) One Knee (1.5 min.)
 - c) Step Back/ Step Forward (1.5 min.)
 - d) Step Right/ Step Left (1.5 min.)

11:45/1:45- Technique (8 min.)

- a) Zone 1 - Two Feet/Two Hands
- b) Zone 2 - One Hand - GS
- c) Zone 3 - Backhand

- 1) Cone Drill Zone 1 - Side of ball
- 2) Variation Ground Balls
- 3) Tee Drill
- 4) 3 cone - Angle Ball - Carousel Style
 - a) Field, Gather, Ear + Roll
- 5) Soft Toss transition throws - Zone 1/2/3 -Net/Target

12:25/2:25- Wrap Up