NFCA RECRUITING CAMP FORMAT/SCHEDULE

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| **Session I Outfield and Catchers** | | |
| 8:00-8:10 | Introduce staff and explain field rotations | |
| 8:10-8:15 | Field manager gives field instructions | |
| 8:15-8:40 | First rotation | |
| 8:40-8:45 | Water break; rotate fields | |
| 8:45-8:50 | Field manager gives field instructions | |
| 8:50-9:15 | Second rotation | |
| 9:15-9:20 | Water break; rotate fields | |
| 9:20-9:25 | Field manager gives field instructions | |
| 9:25-9:50 | Third rotation | |
| 9:30-10:15 | Parent and high school/travel ball coach information session | |
| 9:55-10:10 | Student-athlete information session | |
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| **Session II Pitchers** | |  |
| 10:15-10:25 | Introduce staff and explain field rotations | |
| 10:25-10:30 | Field manager gives field instructions | |
| 10:30-10:55 | First rotation | |
| 10:55-11:00 | Water break; rotate fields | |
| 11:00-11:05 | Field manager gives field instructions | |
| 11:05-11:30 | Second rotation | |
| 11:30-11:35 | Water break; rotate fields | |
| 11:35-11:40 | Field manager gives field instructions | |
| 11:40-12:05 | Third rotation | |
| 11:45-12:30 | Parent and high school/travel ball coach information session | |
| 12:10-12:25 | Student-athlete information session | |
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| **Session III Infielders** | |  |
| 12:30-12:40 | Introduce staff and explain field rotations | |
| 12:40-12:45 | Field manager gives field instructions | |
| 12:45-1:10 | First rotation | |
| 1:10-1:15 | Water break; rotate fields | |
| 1:15-1:20 | Field manager gives field instructions | |
| 1:20-1:45 | Second rotation | |
| 1:45-1:50 | Water break; rotate fields | |
| 1:50-1:55 | Field manager gives field instructions | |
| 1:55-2:20 | Third rotation | |
| 2:00-2:45 | Parent and high school/travel ball coach information session | |
| 2:25-2:40 | Student-athlete information session | |

SESSION I- CATCHERS/OUTFIELDERS

Offense- Hitting, bunting

Defense catchers, outfielders are doing timed running

Defense outfielders, catchers are doing timed running

Measurable testing

SESSION II – PITCHERS

Offense- Hitting, bunting

Timed running and throws

Pitching demonstration

Measurable testing

SESSION III- INFIELDERS

Offense- Hitting, bunting

Timed running

Defense

Measurable testing