

**Midgets/Juniors/Seniors Tryout Format for Saturday 2-28-2015**

**At Contreras Memorial Stadium (HS F-ball Field)**

**Seniors Last names A-H 8:00 to 9:30, I-P from 8:45 to 10:15, Q-Z 9:30 to 11:00**

**Juniors Last names A-H from 11:00 to 12:30, I-P from 11:45 to 1:15, Q-Z 12:30 to 2:00**

**Midgets Last names A-H from 2:00 to 3:30, I-P from 2:45 to 4:15, Q-Z 3:30 to 5:00**

We will have 4 stations after warm-ups averaging about 20-25 kids a station. **15-minute stations.**

All kids will warm up on the football field using our warm up system top to bottom before breaking up to stations. Jog/Stretch/Throw **15 min**

**Station 1:**

Out of the box time home to first

**Station 2:**

Ground balls on north side of field 40 yd line. First firm by hand to warm up, then off fungo . Jrs all off fungo. Players will make straight up throws, then throws across the body. Simulated 3b/SS to 1b. Throw down bases needed. **15 min**

**Station 3:**

Fly balls on south side of field 40 yd line. Straight up fly balls Midgets by hand, Jrs by fungo then moving side to side for range and reads. Players make throws back to the cut off. After a couple of rounds, then lengthen throw up and deep and work on crow hops and longer throws through the cut for arm strength evaluation. **15 min**

**Station 4:** Move group to aux gym, Nik follows:

A hitting station in the auxiliary gym consisting of 1 cage split into a short 10ft overhand firm lob drill and the other an overhand pitch with ball traveling about 30-40 feet with decent velocity. Kids will have a chance to warm up in adjacent cage with tee work and or soft toss. **15 min**

**Station 5:** Simultaneously in gym with hitting station

Pitching station off mounds in auxiliary gym. Players will pitch at 45-50 ft length to catcher (hs kid). About a dozen pitches to check for mechanics and consistency.

**Equipment needed for field/gym:**

**Throwdown bases-Fungos-Baseballs (softies)-Whiffles-Tees-Portable Mounds-L Screens**

**Players need:**

**Athletic Attire-Cleats-Tennis Shoes-Gloves-Bats-Batting Helmet-Baseball Cap**

**Parents need: To be in the stands on the football field or on the bleachers in the gym. Thanks!!**

