



Carolina Senior Sports Camp High Level Skills



Our goal is to help you improve your batting, pitching, infield and outfield skills

Batting:

- Batting Stance
- Batting Grip
- Bat Speed
- Location Hitting
- Tee Hitting
- Hip Rotation

Pitching:

- Different pitching grips (backspin, left curve, right curve, knuckle ball)
- Improve location pitching
- How to disrupt batters timing
- Watching batter's stance
- Throwing deep or short and why

Infield:

- Outfield to infield relay drills
- Swipe tags
- Where to throw the ball in game situations
- Who covers second base

We will have lots of time set into camp for drills and practice

Outfield:

- Which outfielder has priority on fly balls
- Knowing where to throw
- Backing each other up
- Knowing the batters at the plate

We will have lots of time set into camp for drills and practice