

CENTRAL VIRGINIA LADY MAVERICKS

# FALL CAMP ITINERARY

SATURDAY, OCTOBER 17TH • 9:00 AM–5:00 PM

PATCH FIELD  
10271 Gordon Ave.  
Gordonsville, VA 22942

SPECIAL GUEST INSTRUCTORS  
Members of the Ferrum University  
Softball Program  
#PONYUP

## CAMP SCHEDULE

|                     |                                                                                                                                                                                                                                                                                            |
|---------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 9:00 AM – 9:30 AM   | <b>Welcome &amp; Foundations</b><br>Dynamic warm-up routine and agility ladder drills. Overhand throwing mechanics and progression program.                                                                                                                                                |
| 9:30 AM – 11:00 AM  | <b>Defensive Skill Stations</b><br><b>Rotate every 30 minutes.</b> Infield: glove presentation, footwork through the ball, and double plays. Outfield: drop steps, tracking fly balls, and hitting the cutoff player. Specialty: pitcher/catcher work or advanced base-running strategies. |
| 11:00 AM – 12:00 PM | <b>Team Defensive Concepts</b><br>Live situational defense, including defending the bunt, first-and-third situations, and team communication.                                                                                                                                              |
| 12:00 PM – 1:00 PM  | <b>Midday Break</b><br>Lunch, hydration, and a brief educational session.                                                                                                                                                                                                                  |
| 1:00 PM – 2:30 PM   | <b>Offensive Circuit</b><br><b>Rotate every 20 minutes.</b> Tee work for mechanics and hand-eye coordination. Front toss and soft toss focused on contact points and power. Live batting cages. Bunting and situational hitting execution.                                                 |
| 2:30 PM – 2:45 PM   | <b>Afternoon Hydration Break</b><br>Quick rest and snack in the shade to stay fresh.                                                                                                                                                                                                       |
| 2:45 PM – 4:30 PM   | <b>Live Game Scrimmage</b><br>Full game simulation with players divided into two teams to apply the day's skills under pressure.                                                                                                                                                           |
| 4:30 PM – 5:00 PM   | <b>Camp Finale &amp; Departure</b><br>Fun camp competition, such as a home run derby or base-running relay. Wrap-up message, questions, individual awards, and cleanup.                                                                                                                    |

DEVELOPMENT • TEAMWORK • COMPETITION • CHARACTER

**Build Today for a Stronger Tomorrow! • #PONYUP**