

# Pro style workout

*Below is what the workout will look like. We will have all coaches on the field observing the workout with the ability for all coaches to speak with players during the event per NCAA rules. We will also have an instructional session during the day for you to work and hear from the coaches at the event.*

Time	Activity	Location	Reps	Details
7:30-8:00	Check in	Main Entrance		Receive shirt
8:00-8:20	Intro and stretch	Left Field		Coaches intro
8:20-8:45	60 Yard Dash	Outfield	1 attempt	Times recorded
8:45-8:55	Catch play	Outfield		
8:55-9:20	Pos Instruction	Full Field	25 min	Small group w/ coach
9:20-9:45	Outfielders Eval	Right Field	6 plays	Radar visible on video
9:45-10:15	Infielders Eval	SS/1st	6 plays	Radar visible on video
10:15-10:45	Catchers Eval	Homeplate	5 throws 3 block and throw	Times/Velo recorded
10:45-1:45	Batting practice	Homeplate	3 rounds of 6	Pitching machine *Live defensive work on the field throughout BP. Infielders throwing across
1:45-2:00:	Lunch break, all position only players besides catchers are done for the day			
2:00-2:20:	Pitchers instruction done with coaches spread out on the field			
2:20-2:30:	Partner up with catchers and prep to throw			
2:30-5:00:	Pitchers prep	Bullpen	2 rotations	Prep to throw live
	Pitchers rest	Dugout	1 rotation	Prep to throw live
	Pitchers eval	Game mound	15 pitches	Radar visible on video and on scoreboard.

For more information or to sign up, go to [www.drurybaseballcamps.com](http://www.drurybaseballcamps.com)