

2011 Harrisburg College Showcase
July 22, 2011
Southside Elementary School
4525 Union Deposit Road
Harrisburg, PA 17111

9:00 – 3:00	College Coach Check-in
9:00 – 1:00	MORNING SESSION – PITCHERS & CATCHERS
9:00 – 9:30	Player Check-in
9:30 – 10:15	Timed Running <ul style="list-style-type: none">▪ Timed 40 yard sprint (1 Time)▪ Home to First (2 times)▪ Home to Second (1 time)
10:00 – 11:15	Pitching <ul style="list-style-type: none">▪ Record four fast balls▪ Record types of pitches & speed▪ Each player gets nine recorded pitches
11:15 – 12:30	Hitting <ul style="list-style-type: none">▪ 20 balls to hit▪ 3 bunts
12:30 – 1:00	Catchers <ul style="list-style-type: none">▪ Throws to all bases▪ Blocking▪ Bunt Coverage
12:30 – 3:30	AFTERNOON SESSION – PITCHERS & CATCHERS
12:30 – 1:00	Player Check-in
1:00 – 1:45	Timed Running <ul style="list-style-type: none">▪ Timed 40 yard sprint (1 Time)▪ Home to First (2 times)▪ Home to Second (1 time)
1:15 – 2:15	Defensive Drills <ul style="list-style-type: none">▪ Infield/Outfield Drills▪ 2 throws from Shortstop to 1st base▪ 1 throw from 120' mark to Home<ul style="list-style-type: none">○ Speeds of throws will be recorded
2:15 – 3:45	Hitting <ul style="list-style-type: none">▪ 20 balls to hit▪ 3 bunts