**Day 1 - Tuesday, September 8th, 2020** (7:25 Sunset)

4:45 – Check in/Coach Introduction/Tryout Plan

4:55 – Run & Stretch

5:15 – Testing (Split into Groups-15 minutes each) \* 3 tries take best time

* 60 Time
* Mid Ball throws (overhead, side to side)
* I Test
* L Drill

6:15 – Catch

6:25 – Infield/Outfield/Catchers

* Outfield
  + 2 throws to 3rd
  + 2 throws to home
* Infield
  + Infield in Look Back
  + Infield normal depth to 1st
  + Double Play normal
  + Double Play backhands
  + Slow Roller
* Catchers
  + Pop times

6:50 – Controlled Scrimmage

* Coach to Pitch

**Day 2 - Wednesday, September 9th, 2020** (7:23 Sunset)

4:45 – Check in

4:55 – Run & Stretch & Catch

5:15 – Testing

* **Outfielders** – Exit Velocity/Bat Speed
* **Infielders** – All @ Short Stop
  + Straight Up
  + Forehand
  + Backhand
  + Slow Roller

5:45 – Testing

* **Infielders** – Exit Velocity/Bat Speed
* **Outfielders** – Throws
  + Throws to 3rd (2 Fly Balls, 2 Groundballs)
  + Throws to Home (2 Fly Balls, 2 Groundballs)

6:15 – Bull Pens & Batting Practice

* **Pitchers** – Radar gun & Location (20 Pitches)
  + Right & Left Bull Pens
* **Batting Practice**
  + 3 rounds of 8

7:15 – Group Meeting

**Day 3 - Thursday, September 10th, 2020** (7:20 Sunset)

4:45 – Check in

4:55 – Run & Stretch

5:10 – Pitchers Warm-up & Base Run

5:20 – Catch

5:30 – Scrimmage (9 Innings) – 35 Pitches

7:30 – Group Meeting

**Day 4 - Friday, September 11th, 2020** (7:18 Sunset)

4:45 – Check in

5:00 – Run & Stretch & Catch

5:45 – Start of Scrimmage (Controlled)

* If some guys need to be seen still