

**STATIONS FOR SAN BRUNO JUNIOR GIANTS CLINIC - JUNE 28, 2008**

*7-9 Year Olds*

**About 10 minutes per station - listen for loudspeaker for when to rotate to next station: For example, 1 goes to 2, 2 goes to 3, 8 goes to 1, etc.,**

**Station 1:** 1<sup>st</sup> Base Stands Area - Junior Giants Bases Talk by Lorry

**Station 2:** 3<sup>rd</sup> Base Stands Area - Junior Giants Strike The Violence Poster area

**Station 3:** Wiffles off of tees (4-5 set up against 3<sup>rd</sup> Base-line fence)

**Station 4:** Soft-toss and hitting stick (two nets set up and one hitting stick in deep left field/foul territory area)

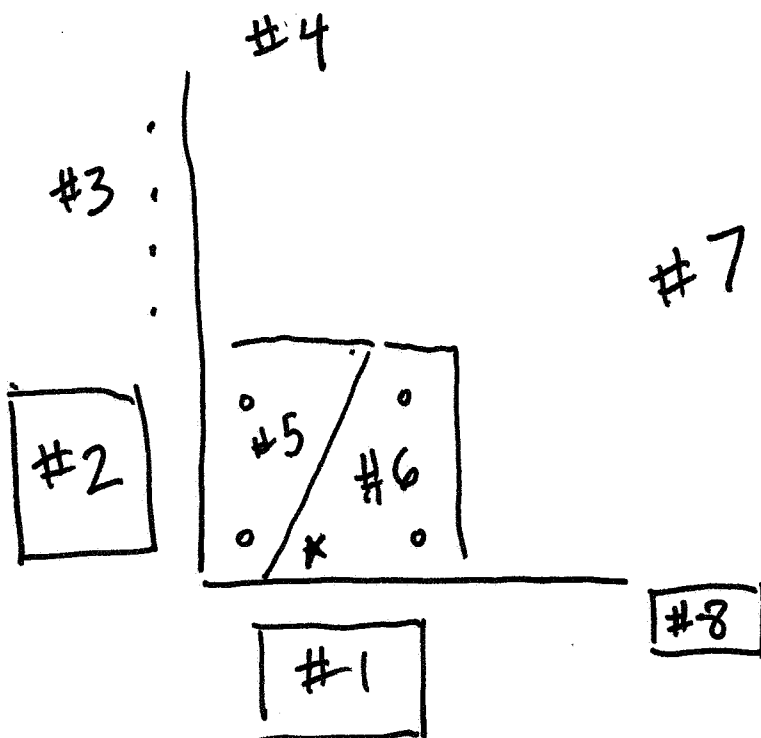
**Station 5:** 3<sup>rd</sup> base, Short stop and catcher. Everyone else is a baserunner at third running home. Teach runners to slide; Teach fielders to make the play at home; Rotate runners and defensive players; **BASERUNNERS WEAR HELMETS!**

**Station 6:** 2<sup>nd</sup> base, 1st base and pitcher. Everyone else is a baserunner starting at homeplate that is set away from actual home plate; Teach fielders to make play at first; Teach runners to run through the bag and when to make a turn; Rotate runners and defensive players. **BASERUNNERS WEAR HELMETS!**

**Station 7:** Playing the outfield (Center and Right field). Teach how to judge/catch flyballs; Teach how to field base hits and throw it to the cut-off.

**Station 8:** Coach's discretion: use to share your own words of wisdom/inspiration!

**\*Coaches - when your group is done with all 8 stations, make sure kids have gotten Junior Giants freebies from sign-in table.**



**STATIONS FOR SAN BRUNO JUNIOR GIANTS CLINIC - JUNE 28, 2008**

***10-12 Year Olds***

**About 10 minutes per station - listen for loudspeaker for when to rotate to next station: For example, 1 goes to 2, 2 goes to 3, 8 goes to 1, etc.,**

**Station 1:** 1<sup>st</sup> Base Stands Area - Junior Giants Bases Talk by Lorry

**Station 2:** 3<sup>rd</sup> Base Stands Area - Junior Giants Strike The Violence Poster area

**Station 3:** Wiffles off of tees (4-5 set up against 3<sup>rd</sup> Base-line fence)

**Station 4:** Soft-toss and hitting stick (two nets set up and one hitting stick in deep left field/foul territory area)

**Station 5:** Shortstop, 2<sup>nd</sup> base and catcher. Everyone else is a baserunner at 1<sup>st</sup> trying to steal 2<sup>nd</sup>. Teach runners when/how to take-off, or if no steal, at least to take a secondary lead; Teach catcher how to throw, and how SS/2B alternate to catch a make a tag, and the other to back-up. Suggest rotation where person who just attempted to steal rotates into 2<sup>nd</sup>, SS to catcher, catcher to baserunner. **BASERUNNERS WEAR HELMETS!**

**Station 6:** Playing the outfield (Center and Right field). Teach how to judge/catch flyballs; Teach how to field base hits and throw it to the cut-off.

**Station 7:** Coach's discretion: use to share your own words of wisdom/inspiration!

**\*Coaches - when your group is done with all 7 stations, make sure kids have gotten Junior Giants freebies from sign-in table.**

