



2026 Junior Bells Sample Camp Plan

This is a sample plan of the skills we focus on and drills that we run at Junior Bells Camps. The actual drills and specifics can vary. Groups of campers will vary by skill level and experience, and the drills in this sample plan will be modified for each skill and experience level.

Introductions and Team Meeting

- Introduce the coaching staff to campers
- Go over ground rules for camp: how to get the most out of camp and safety guidelines
- Talk about Bell of the Day: what we are looking for in a player (hustle, attitude, coachability)

Warm Up

- Split group in half for warm up and catch play: based on age initially, allows us to determine skill level and make changes
- Dynamic Warm Up: full body warm up to prepare body for athletic movement, gradually builds intensity as we go
- Arm Care: conditioning for shoulder, elbow, and wrist joint to prepare for intensity of throwing

Catch Play

1. Basic upper body movement: separating glove hand and throwing hand
2. Footwork to step into throws
3. Gaining momentum for longer distances
4. Transitions from fly balls, groundballs, off center throws



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Arizona's: Skill work that is universal to every position

1. Pop tags, square to partner
2. Sweep tags, glove side to partner then arm side to partner
3. Underhand flips
 - a. Hang it (close distance soft toss)
 - b. Firm (further distance with more velocity)
 - c. Backhand shuffle flip
4. Short hops: partner throws various hops that replicate different ground balls
 - a. Square feet
 - b. Backhand
 - c. Glove side

Split into Small Groups for Station Work (8 players per group)

Stations will work on aspects of:

1. Throwing: basic footwork and mechanics, athletic throwing
 - a. Utilizing a target
 - b. Receiving the ball in different ways: flip, grounder, fly ball, partner throw, cut off play
2. Infield defense: fielding groundballs, situational awareness
 - a. Field throw to first
 - b. Double plays
 - c. On the run: glove side, backhand, charging
3. Outfield defense: fielding flyballs, situational awareness
 - a. Throwing to a cutoff guy to shorten the distance to target
 - b. Catching on the run



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- c. Tracking pop flies
- d. Outfield communication: avoiding running into a teammate
- 4. Baserunning/sliding: situational running, sliding mechanics
 - a. Slide mat to safely practice figure 4 slide mechanics, pop up slide, head first slide
 - b. Base running: through 1st base, rounding base for potential double, first to third, tagging up
- 5. Hitting: basic swing mechanics, barrel control, timing, mental approach