

Keystone State Games Showcase 2016

July 28, 2016

TWO TIMES GROUPS, SPECIALIZED BY POSITIONS WITH TEAM INFIELD

Group 1: Blue Mountain, Capital, Delaware Valley, Metro

8am-9am (BY team order)

Pitchers and Catchers

-Each Pitcher gets 1 minute to warm-up THEN 2 minutes of active pitching

Position players (except catchers)

-running 60 yard dash (being timed at 30 yards and 60 yards)

-AFTER running, position players are to get loose to showcase

9am-10am (BY team order)

Outfielders –all in RIGHT FIELD (6 throws each)

-Two throws to second base (one to gap and one down line)

-Two throws to third base and two throws home (right at them)

Infielders – MIF at Short stop, 3B at third, 1b at first (5 throws)

-MIF and 3b: 2 routine, back hand, fore hand, and slow roller

-1B: DEEP to second, Routine to second, HOLD RUNNER ON to second, Routine to home, and BUNT to 3B

Catchers (5 throws)

-two throws to 2B, one throw to 3B, snap to 1B, and bunt to 1B

10am-10:45am- TEAM INFIELD (no outfielders,)

-Each team gets 8 minutes to showcase and infield

10:45am-12pm- Hitting in 4 groups (hitters get 2 bunts and 6-8 swings)

-Team 1: hitting on field

-Team 2: shagging in the outfield

-Team 3: in cage

-Team 4: Registration(checking for correct player info) and Catcher's running 60 yard dash

Keystone State Games Showcase 2016

July 28, 2016

Group 2: Lehigh Valley, West, Pocono, Nittany

12:30pm-1:30pm (BY team order)

Pitchers and Catchers

- Pitcher gets 1 minute to warm-up THEN 2 minutes of active pitching

Position players (except catchers)

- running 60 yard dash (being timed at 30 yards and 60 yards)
- AFTER running, position players are to get loose to showcase

1:30pm-2:30pm (BY team order)

Outfielders –all in RIGHT FIELD (6 throws each)

- Two throws to second base (one to gap and one down line)
- Two throws to third base and two throws home (right at them)

Infielders – MIF at Short stop, 3B at third, 1b at first (5 throws)

- MIF and 3b: 2 routine, back hand, fore hand, and slow roller
- 1B: DEEP to second, Routine to second, HOLD RUNNER ON to second, Routine to home, and BUNT to 3B

Catchers (5 throws)

- two throws to 2B, one throw to 3B, snap to 1B, and bunt to 1B

2:30pm-3:15pm- TEAM INFIELD (no outfielders,)

- Each team gets 8 minutes to showcase and infield

3:15p-4:30pm- Hitting in 4 groups (hitters get 2 bunts and 6-8 swings)

- Team 1: hitting on field
- Team 2: shagging in the outfield
- Team 3: in cage
- Team 4: Registration(checking for correct player info) and Catcher's running 60 yard dash