



FALL CATCHER SPECIALTY CAMP '24

When – **Sunday Evenings (Nov 10th; Nov 17th; Nov 24th; Dec 1st)**

Session A: ages 9U to 12U years old / **6-7:30pm** (Cost \$250)

Session B: ages 13U to 18U years old / **7:30-9:00pm** (Cost \$250)

What - An intentional instructive offseason program for “performance oriented” baseball and fastpitch athletes, featuring lead instruction from Don von Hollen (CanuckCatching).

Athletes will be placed in effective working groups.

Our four-week program includes:

- **Technical Skill Development**
 - Stance; receiving; footwork; blocking; transfers; throwing
- **Tactical Skill Development**
 - bunt defense; 1b back picks; 2b & 3b throws; passed ball recovery; catcher pop flies; outfield relays; x-2-3 double plays (force plays); pitch calling; sign system
- **Mental Game**
 - relationships; mental adjustments; goal setting; visualization; off field preparation; personal; scouting; pitching staff; leadership
- **Strength and Conditioning**
 - Dynamic warmup; flexibility & mobility; cool down

Note re Gear – *Catchers who do not have their own gear will be able to borrow FMBA equipment for the camp.*

Where – Calvary FC Regional Fieldhouse (ALDERSYDE)

[Register now HERE.](#)