

HALF DAY HITTING CAMP (LUNCH IS NOT PROVIDED)

- 1:00 Check-in- Holloway Gymnasium
- 1:30 Introduction of Staff and Plan for the Day
- 1:35 Introduction and Drill Series of Dynamic Approaches
- 2:00 Intro to Arm Swings and Box Attacking
- 2:20 Line Shot Attacking
- 2:45 Cross Court Attacking
- 3:05 Soft Shot Attacking
- 3:25 Back Court Attacking
- 4:00 Closing