

HALF DAY HITTING CAMP (LUNCH IS NOT PROVIDED)

- 12:30 Check-in- Holloway Gymnasium
- 1:00 Introduction of Staff and Plan for the Day
- 1:05 Introduction and Drill Series of Dynamic Approaches
- 1:30 Intro to Arm Swings and Box Attacking
- 1:50 Line Shot Attacking
- 2:15 Cross Court Attacking
- 2:35 Soft Shot Attacking
- 2:55 Back Court Attacking
- 3:30 Closing