

## 2021 PG MIDWEST ALL-STATE GAMES ITINERARY

August 7-8, 2021

### SATURDAY, AUGUST 7, 2021

**7:30am:**

#### CHECK-IN

##### ALL PLAYERS

*Check-In Tables*

- 9-11U
- 12U
- 13U

**8:30am:**

#### WELCOME, INTRODUCTIONS, EVENT OVERVIEW

##### ALL PLAYERS

*Concourse*

**9:00:**

#### WARMUPS

##### 9s/10s/11s

*Field: JP*

- Stretch
- Throw

##### 12s

*Field: PW1*

- Stretch
- Throw

##### 13s

*Field: JR*

- Stretch
- Throw

**9:30am:**

#### COMBINE TESTING

##### 9s/10s/11s

*Field: JP*

3 Groups

Run > TVelo > EVelo > Run

- Run
- Throwing Velocity
- Exit Velocity

##### 12s

*Field: PW1*

3 Groups

Run > TVelo > EVelo > Run

- Run
- Throwing Velocity
- Exit Velocity

##### 13s

*Field: JR*

3 Groups

Run > TVelo > EVelo > Run

- Run
- Throwing Velocity
- Exit Velocity

**10:30am:**

**BREAK**

**ALL PLAYERS**

**11:00am:**

**SKILLS/DRILLS, BATTING PRACTICE**

**9s/10s/11s**

Field: HN, PW2

2 Groups:

1. C, OF
2. IF

2 Stations:

1. Defense
2. Batting Practice

Defense

- Position Specific Drillwork
- Infield/Outfield

Batting Practice (4 groups)

*Hit > Shag > Shag > Rest > Hit*

- 2 rounds of 10 swings

**12s**

Field: JP, PW1

2 Groups:

1. C, OF
2. IF

2 Stations:

1. Defense
2. Batting Practice

Defense

- Position Specific Drillwork
- Infield/Outfield

Batting Practice (4 groups)

*Hit > Shag > Shag > Rest > Hit*

- 2 rounds of 10 swings

**13s**

Field: JR, PONY

2 Groups:

1. C, OF
2. IF

2 Stations:

1. Defense
2. Batting Practice

Defense

- Position Specific Drillwork
- Infield/Outfield

Batting Practice (4 groups)

*Hit > Shag > Shag > Rest > Hit*

- 2 rounds of 10 swings