

Pitchers Camp (specific name not created)

Three Day Camp- 8:00am – 1:00pm

Mission Statement/Idea behind this Specialty Programming:

While the best players in the game possess a high level of natural talent, great players who are consistently among the game's best accompany this natural ability with an extreme importance placed on preparation and mental toughness. The mission of this specialty programming is to sharpen the competitive IQ of young athletes and to make them aware of the many little things today's top players work on every day to raise their game to higher levels. This will be accomplished through the use of small group instruction which coincides with a classroom style learning environment. This programming is designed for players who: 1) possess a firm understanding of the game's fundamentals 2) have at least 3-5 years experience 3) possess the long-term goal of playing the game at a much higher level.

- **8:00 – 8:15:** Check in

- **8:15 – 8:45:** Early Work
 - o **Day 1:** Agility
 - o **Day 2:** Pick-off work
 - o **Day 3:** Pitch-outs/Wild-Pitch communication/Pop-up communication w/ catcher
- **8:50 – 9:30:** Comprehensive Warm-Up
 - o **Same program, days 1-3**
 - Dynamic Flexibility
 - Stretching Program
 - Ab-work
- **9:35 – 10:05:** Long Toss Program
 - o 30 – 60 – 90 – 120
 - o 90' Change-Up Work
 - o Flat-Ground
- **10:10 – 11:00:** Fundamental Defense
 - o **Day 1:** PFP (Cover 1st, Bunt Basics, Double Plays)
 - o **Day 2:** PFP circuit + Run-downs
 - o **Day 3:** PFP circuit + Backing-up bases
- **11:05 – 12:05:** Pitcher's Circuit (20 Minutes each station)
 - o Pen Work

- Conditioning
- Strength Training
 - **Day 1:** Shoulder Program
 - **Day 2:** Lower Body
 - **Day 3:** Upper Body

- **12:10 – 1:00:** Pitchers Workshop
 - **Day 1:**
 - Setting pace of the game
 - Setting up hitters
 - Recognizing tendencies (utilizing spray charts)
 - 1st pitch strike importance
 - **Day 2:**
 - Relationship with your catcher
 - In-game adjustments
 - Learning from success
 - Learning from failure
 - **Day 3:**
 - Lessons learned from watching BP
 - Lessons learned by watching from bench/another position
 - Unselfishness/being a good teammate
 - Staying within yourself/trusting your ability