

Pitchers/Catchers Camp

*****Pitchers will follow same “pitcher’s camp” program while catchers will follow this program (at times with pitchers, other times on their own)**

- **8:00 – 8:15:** Check in

- **8:15 – 8:45:** Early Work
 - **Day 1:** Receiving drills/framing
 - **Day 2:** Blocking
 - **Day 3:** Pitch-outs/Wild-Pitch communication/Pop-up communication w/ pitchers

- **8:50 – 9:30:** Comprehensive Warm-Up
 - **Same program, days 1-3**
 - Dynamic Flexibility
 - Stretching Program
 - Ab-work

- **9:35 – 10:05:** Long Toss Program
 - 30 – 60 – 90 – 120
 - Pop-up work

- **10:10 – 11:00:** Fundamental Defense
 - **Day 1:** Throwing to bases + Bunt Basics w/ pitchers
 - **Day 2:** Throwing to bases + Bunt basics/Run-downs w/ pitchers
 - **Day 3:** Plays at the plate (blocking home), backing up bases + Bunt Basics w/pitchers

- **11:05 – 12:05:** (20 Minutes each station)
 - Game Intensity pen work w/ pitchers
 - Conditioning
 - Strength Training
 - **Day 1:** Shoulder Program
 - **Day 2:** Lower Body
 - **Day 3:** Upper Body

- **12:10 – 1:00: Pitchers/Catchers 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