

## Training Itinerary

### Saturday, Sept 23, 2017

- 11:30am**      **Player Check-In in Baseball Factory Conference Room**
- 12:00pm**      **Staff Introductions**
- 12:05pm**      **Stretch and Core Activation**
- 12:20pm**      **Hitting Discussion “Hitting 101-The Mechanics” with Coach Rich Pasquale**
- Key Points:**
- **Stance and Setup**
  - **Importance of Athleticism**
  - **Stride/Load “Launch” Position**
  - **Path and Finish**
- 12:35pm**      **Hitting 101 Rotations**
- **Video Capturing Hitters, Drill Work and Hitting Video Presentation**
- 1:55pm**      **Rest Period**
- 2:10pm**      **Hitting Discussion “Creating Rhythm and Athleticism” with Coach Brady North**
- 2:15pm**      **Hitting Rhythm Rotations**
- **Video Review with Each Hitter and Rhythm Drill Work**
- 3:40pm**      **Rest Period**
- 3:50pm**      **Dealing with Failure Discussion**
- **Evan Longoria 30for30**
- 4:30pm**      **Developing a Mental Approach with Coach Pasquale, North and Richardson**
- 4:45pm**      **Daily Review**
- 5:00pm**      **Dismissal**

### Sunday, Sept 24, 2017

- 8:50am**      **Players Report to the Baseball Factory Cages**
- 9:00am**      **Stretch and Core Activation**
- 9:20am**      **Review Period**



## Sunday, Sept 24 Continued...

- 9:30am** Pitch Recognition Discussion with Coach North and Pasquale
- 9:45am** Pitch Recognition Training
- Video Capture, Recognition Drills, Hitting Distractions Talk
- 11:05am** Lunch and Situational Hitting Talk with Coach Pasquale
- 11:45am** Hitting Rotations
- LIVE At Bats, Live BP, Cage Work, Hitter's Video Review
- 1:45pm** Camp Review
- 2:00pm** Dismissal