

Scheduled Itinerary Subject to Change if Needed

Training Itinerary

October 21, 2017- St. Andrews Episcopal 8804 Postoak Rd, Potomac, MD

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| 11:00am | Player Check-In at St. Andrews Episcopal Baseball Field |
| 11:30pm | Staff Introductions |
| 11:45pm | Stretch and Core Activation |
| 12:10pm | Hitting Discussion "Hitting 101-The Mechanics" with Coach Rich Pasquale and Keister |
| | Key Points: <ul style="list-style-type: none">• Stance and Setup• Importance of Athleticism• Stride/Load "Launch" Position• Path and Finish |
| 12:25pm | Hitting 101 Rotations <ul style="list-style-type: none">• Video Capturing Hitters (Cage), Drill Work (side Cage), Full Field Approach (Live on Field) |
| 1:45pm | Rest Period |
| 1:50pm | Hitting Discussion "Creating Rhythm and Athleticism" with Coach Brady North |
| 2:15pm | Hitting Rhythm Rotations and Situational Hitting <ul style="list-style-type: none">• Video Review with Each Hitter (Cage) and Rhythm Drill Work (Cage), Bunting (Small Field), Situational Hitting (Main Field) |
| 3:40pm | Rest Period |
| 3:50pm | Baserunning Rotations |
| 4:30pm | Daily Review and Dismissal |

October 22, 2017- Perfect Performance 10981 Guilford Rd, Annapolis Junction, MD

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| 8:45am | Players Report to Perfect Performance |
| 9:00am | Stretch and Core Activation |
| 9:20am | Review Period |

Sunday, Oct 22 Continued...



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9:45am Pitch Recognition Discussion with Coach North and Keister

10:00am Pitch Recognition Training

- Video Capture, Recognition Drills, Hitting Distractions Talk

11:05pm Lunch and Situational Hitting Talk with Coaches

11:45am Hitting Rotations

- LIVE At Bats, Live BP, Cage Work, Hitter's Video Review

1:45pm Camp Review and Dismissal