

ACCELERATED PITCHING AND CATCHING WEEKEND (HS)

MID-ATLANTIC REGION
FEBRUARY 23-24, 2019
COLUMBIA, MD

SATURDAY, FEBRUARY 23, 2019

1:15pm	Registration Begins and Staff Introduction	BF HQ Lobby Area
1:45pm	Dynamic Stretch	BF Cage Area
2:00pm	Controlled Throwing Drills (Pitchers) - Fastball and Change Up Grips - Balance Points, Separation, Extension and Finish Stretching, Stances, Setups, Signals (Catchers)	BF Cage Area
3:00pm	Flat Ground Session with Catchers	BF Cage Area
3:45pm	Live Bullpen Session - Video Capture (Pitchers and Catchers)	BF Cage Area
4:15pm	Fielding Position Drills (Pitchers) Receiving Drills/Intro to Blocking Technique/Video (Catchers)	BF Cage Area
5:00pm	Pitching Discussion - Intro to Pitching 101	Main BF Conference Room
5:00pm	Catchers Video and Daily Review	BF Conference Room
5:30/45pm	Dismissal	Conference Rooms

SUNDAY, FEBRUARY 24TH, 2019

1:00pm	Registration Begins and Staff Introduction	BF HQ Lobby Area
1:15pm	Video Review (Pitchers) Stance, Receive Review and Drills	BF Cage Area
1:45pm	Controlled Throwing with Drills (Pitchers) Blocking Technique and Drill Work (Catchers)	BF Cage Area
2:45pm	Flat Ground Session with Catchers (Pitchers) Throwing Footwork Drills (Catchers)	BF Cage Area
3:30pm	Live Bullpen Session - Video Capture (Pitchers and Catchers)	BF Cage Area
4:00pm	Pickoff Footwork and Controlling the Running Game (Pitchers) Video Review (Catchers)	BF Cage Area
4:30pm	Video Review and Pitching Discussion (Pitchers) Review Drillwork (Catchers)	Main BF Conference Room
5:00pm	Camp Review and Dismissal	BF Cage Area



BASEBALL
FACTORY[™]
REGIONAL TRAINING