

TEXAS REGION
DECEMBER 14-15, 2019
PLANO, TX

SATURDAY, DECEMBER 14TH, 2019

1:15pm	Registration Begins and Staff Introduction	John Paul II HS Baseball Field
1:45pm	Dynamic Stretch	JPII Field (OF)
2:00pm	Controlled Throwing Drills (Pitchers) - Fastball and Change Up Grips - Balance Points, Separation, Extension and Finish Stretching, Stances, Setups, Signals (Catchers)	JPII Field
3:00pm	Flat Ground Session with Catchers	JPII Field
3:45pm	Live Bullpen Session - Video Capture (Pitchers and Catchers)	JPII Field
4:15pm	Fielding Position Drills (Pitchers) Receiving Drills/Intro to Blocking Technique/Video (Catchers)	JPII Field
5:00pm	Pitching Discussion - Intro to Pitching 101	JPII Field
5:00pm	Catchers Video and Daily Review	JPII Field
5:30/45pm	Dismissal	JPII Field

SUNDAY, DECEMBER 15TH, 2019

1:00pm	Players Report to Bolles Field	JPII Field
1:15pm	Video Review (Pitchers) Stance, Receive Review and Drills	JPII Field
1:45pm	Controlled Throwing with Drills (Pitchers) Blocking Technique and Drill Work (Catchers)	JPII Field
2:45pm	Flat Ground Session with Catchers (Pitchers) Throwing Footwork Drills (Catchers)	JPII Field
3:30pm	Live Bullpen Session - Video Capture (Pitchers and Catchers)	JPII Field/Bullpens
4:00pm	Pickoff Footwork and Controlling the Running Game (Pitchers) Video Review (Catchers)	JPII Field
4:30pm	Video Review and Pitching Discussion (Pitchers) Review Drillwork (Catchers)	JPII Field
5:00pm	Camp Review and Dismissal	JPII Field