

**NORCAL REGION
 UNIVERSAL SPORTS ACADEMY
 DECEMBER 14-15, 2019**

SATURDAY, DECEMBER 14TH, 2019		
10:00am	Registration Begins and Staff Introduction	Universal Sports Lobby
10:45am	Dynamic Stretch	Turf Field
11:00am	Controlled Throwing Drills (Pitchers) - Total Sequence of the Windup and Stretch Oppo Hitting Drills (Pitch Recognition, Station Rotations) Catchers - Umpire Relations, Field Captains, Stances, Framing	Bullpens/Cages
11:30am	Towel Drills, Arm Bands (Pitchers) Basic Blocking Tech - Lateral Angles, Smother and Absorb (Catchers) Hitting Drills - Whiffle Ball, Exit Velo, Swing Tracker	Bullpens/Cages
12:00pm	Exit Velo, Swing Tracker - (Group 1) Oppo Hitting Drills - (Group 2)	Batting Cages
12:30pm	Break	
1:00pm	Throwing Program - All Players	Turf Field
1:15pm	- Catchers Defense - Oppo Hitting Drills	Turf Field
1:45pm	- Catchers Drills - Pitchers Warm Up for PFP	Bullpens/Turf Field/Cages
2:00pm	PFP Play Instruction	Turf Field
2:30pm	- Live Hitting Stations and Bullpens	Bullpens/Cages
4:00pm	Dismissal	

SUNDAY, DECEMBER 15TH, 2019

10:00am	Players Report	Universal Sports Lobby
10:15am	Stretch, Grip Strength, Head Shots	Turf Field
10:30am	Athletic Testing	Turf Field
11:00am	Review of Mechanics (Pitchers) Catchers - Block and Recover 2 Strike Approach	Bullpens/Turf Field/Cages
11:40am	Pickoffs/2 Strike Approach	Turf FieldCagess
12:30pm	Break	
1:00pm	Throwing Program	Turf Field
1:30pm	4 Stations Arm Velo	Turf Field
2:00pm	Live BP/Filming Shag 2-Strike Approach Pitchers Head to Bullpen	Turf Field/Bullpens/Cages
2:30pm	Live BP/Filming Shag 2-Strike Approach Pitchers Head to Bullpen	Turf Field/Bullpens/Cages
3:00pm	Live BP/Filming Shag 2-Strike Approach Pitchers Head to Bullpen	Turf Field/Bullpens/Cages
4:00pm	Dismissal	