

# BASEBALL FACTORY FALL SELECT TOURNAMENT AT PIRATE CITY

## SAMPLE ITINERARY

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### DAY 1

- 5:45pm Check-in Begins, times are assigned in CHECK-IN TIMES Tab
- 8:00pm Welcome Meeting - All Players, Cafeteria
- 8:30pm Hitting Presentation - Cafeteria
- 9:30pm Curfew — Players in their own room

### DAY 2

- 6:35am TEMP CHECK, Lobby
- 6:45am Breakfast (6:45 - 7:10) Cafeteria
- 7:45am Stretch Field 3
- 8:05am Speed Training Proper Running Form / Sixty Starts Field 3
- 8:15am Athletic Testing Field 3
- 8:45am Throwing Program & Individual Defense (at primary position)
  - Middle INF Field 3
  - Corner INF Field 3
  - Outfielders Field 2
  - Catchers Cages (or F2)
  - Pitchers Bullpens (or F2)
- 10:00am Team Rotations
  - Pop-up Priority
  - Cuts & Relays
  - Base running, H --> 1B & 1B Related
- 11:15am Offensive Rotations
- 12:05pm Lunch (12:05 - 12:45) Cafeteria
- 1:15pm Quick Stretch Game Fields
- 1:30pm Abbreviated Throwing Program / Pitchers Ready Game Fields / Bullpens
- 1:45pm Pirates vs. Dodgers (3 innings) Field 3
  - Rockies 2B & 3B Related Base Running Field 5 & 6
- 2:45pm Rockies vs. Pirates (3 innings) Field 3
  - Dodgers 2B & 3B Related Base Running Field 5 & 6
- 3:45pm Dodgers vs. Rockies (3 innings) Field 3
  - Pirates 2B & 3B Related Base Running Field 5 & 6
- 5:30pm Dinner (5:30 - 6:00) Cafeteria
- 7:00pm Offensive Rotations Cages/ Clubhouse
- 8:15pm Recruiting & Life Skills Conversation — Players Engaged Cafeteria
- 9:30pm Curfew In Your Own Room

# DAY 3

6:45am Breakfast (6:45 - 7:45) Cafeteria

8:00am Stretch Field 5

8:40am Individual Defense (at primary or secondary position)

- Middle INF Field 3
- Corner INF Field 3
- Outfielders Field 2
- Catchers Cages (or F2)
- Pitchers Bullpens (or F2)

10:00am Rotations by Position Group (Block Rotations 50 min. x 2)

\* Primary P go to secondary position, Groups = C, OF, MIF, CIF

- Block 1:
- D Reps
- Base Running
- Block 2:
  - Intro to Breaking Ball
  - Cage Rotations

12:00pm Lunch (12:00 - 12:45) Cafeteria

1:15pm Quick Stretch Game Fields

1:30pm Abbreviated Throwing Program / Pitchers Ready Game Fields / Bullpens

1:45pm Pirates vs. Dodgers (3 innings) Field 3

- Rockies Sim Game Field 2

2:45pm Rockies vs. Pirates (3 innings) Field 3

- Dodgers Sim Game Field 2

3:45pm Dodgers vs. Rockies (3 innings) Field 3

- Pirates Sim Game Field 2

5:30pm Dinner (5:30 - 6:00) Cafeteria

7:00pm Offensive Rotations Cages

8:15pm Daily Notes Period / Travel Meeting Cafeteria

9:30pm Curfew In Your Own Room

# DAY 4

6:30am Breakfast (6:30 - 7:30) Cafeteria

7:45am Stretch Field 5

8:00am Athletic Development & Competitions Field 3

8:10am Light Throwing & Individual Defense (at primary position)

- Middle INF Field 3
- Corner INF Field 3
- Outfielders Field 2
- Catchers Cages (or F2)
- Pitchers Bullpens (or F2)

9:00am PFP's w/ INF (Field 5) / C's & OF's Additional Reps (Bullpen & Field 6)

9:20am Team Meetings & Individual Player Development Meetings with Coaches Dugouts

10:00am Report to First Station

10:15am Rotations (25 minutes), 5 minutes allowed between for group movement

- Sim Game (HIT)
- Sim Game (FLD)
- 27 Outs Challenge

12:00pm Closing Comments Field 4 LF

12:30pm Lunch & Check Out Return Room Keys to Front Desk