

BASEBALL FACTORY SELECT TRAINING AT PIRATE CITY

SAMPLE ITINERARY

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