

DELMARVA ACES – 2019-20 ACADEMY WEEKLY ITINERARY

Week	Pitching	Hitting	Fielding/Baserunning
1 (Nov. 12)	Lower half mechanics Pre-position & knee lift	Loading Movement, preparation & separation	7U+: INF Pre-pitch movement/basic mechanics/footwork 13U+: INF Pre-pitch movement, OF Pro steps/ground balls
2 (Nov. 19)	Moving up kinetic chain Hand separation & tempo	Loading Movement, preparation & separation	7U+: INF Pre-pitch movement/basic mechanics/footwork 13U+: INF Pre-pitch movement, OF Pro steps/ground balls
3 (Nov. 26)	Lower half & upper half Stride length, torque & glove side	Loading Movement, preparation & separation	7U+: INF/OF Proper throwing, ALL First steps out of box 13U+: MIF Short hops, CIF bad hops, OF Getting underneath ball
4 (Dec. 3)	Upper half mechanics Stride length, torque & glove side	Lower half (loading position), balance Situational hitting	7U+: INF/OF Proper throwing, ALL First steps out of box 13U+: MIF Short hops, CIF bad hops, OF Getting underneath ball
5 (Dec. 10)	Learning windup position Proper pickoff moves	Lower Half (loading position), balance Situational hitting	7U+: INF Receiving throws from OF, OF Hitting cutoff 13U+: INF Receiving throws from OF, OF Hitting cutoff
6 (Dec. 17)	Throwing routine intro Proper pickoff moves	Staying on plane & staying in zone All approaches w/hitting	7U+: INF Receiving throw & tag, OF Communications 13U+: MIF Receiving throw & tag, CIF receiving throw & tag
7 (Jan. 7)	Review from first half Light bullpens (FB only)	Staying on plane & staying in zone All approaches w/hitting	7U+: INF Rundowns, OF Proper routes to baseball 13U+: INF Rundowns, OF Proper routes to baseball
8 (Jan. 14)	Pitch grips (CH/CV) Increased bullpens (20 pitches)	Pitch recognition, bunting Situational hitting	7U+: INF Rundowns, OF Proper routes to baseball 13U+: INF Rundowns, OF Proper routes to baseball
9 (Jan. 21)	Importance of First Pitch Strike Increased bullpens (20 pitches)	Pitch recognition, bunting Situational hitting	7U+: INF Proper bunt rotations, OF Ground balls/fly balls 13U+: INF GBs forehand/backhand, OF Pro steps/ground balls
10 (Jan. 28)	All pitches w/intent (FB/CH/CV) Increased bullpens (20 pitches)	Pitch recognition, bunting Attacking your pitch	7U+: INF Proper bunt rotations, OF Ground balls/fly balls 13U+: INF GBs forehand/backhand, OF Pro steps/ground balls
11 (Feb. 4)	All pitches w/intent (FB/CH/CV) Full bullpens (30 pitches)	Live stand-ins Knowing the count	7U+: INF Pre-pitch w/GB, OF routes, ALL leads/secondary leads 13U+: INF Pre-pitch w/GB, OF routes, ALL leads/secondary leads
12 (Feb. 11)	Live pitching (30+ pitches) Pitching to live hitters	Live stand-ins Knowing the count	7U+: INF/OF Drill work w/throws, ALL Anticipation/dirtball reads 13U+: INF/OF Drill work w/throws, ALL Anticipation/dirtball reads
13 (Feb. 18)	Live pitching (30+ pitches) Pitching ahead in count	Live hitting	7U+: INF/OF Drill work w/throws, ALL Proper sliding technique 13U+: INF/OF Drill work w/throws, ALL Proper sliding technique
14 (Feb. 25)	Live pitching (30+ pitches) Pitching behind in count	Live hitting	7U+: INF/OF Drill work w/throws, ALL Proper sliding technique 13U+: INF/OF Drill work w/throws, ALL Proper sliding technique
15 (Mch. 3)	Live pitching (30+ pitches) Pitching under pressure	Live hitting	7U+: INF/OF Pickoffs w/throws, ALL Leads/secondaries/pickoffs 13U+: INF/OF Pickoffs w/throws, Leads/secondaries/pickoffs
16 (Mch.10)	Live pitching (30+ pitches) Pitching under pressure	Live hitting	7U+: INF/OF Pickoffs w/throws, ALL Leads/secondaries/pickoffs 13U+: INF/OF Pickoffs w/throws, ALL Leads/secondaries/pickoffs