

BERLIN ACADEMY - WEEKLY ITINERARY

	<u>Pitchers</u>	<u>Hitting</u>	<u>Middle INF</u>	<u>Corner INF</u>	<u>Outfield</u>	<u>Catchers</u>
9-Nov	Intro to pitching/first steps	Load positioning and stance	Pre-pitch movements w/timing	Pre-pitch movements w/timing	Pre-pitch & positioning	
10-Nov	Intro to pitching/first steps	Load positioning and stance	Pre-pitch movements w/timing	Pre-pitch movements w/timing	Pre-pitch & positioning	
11-Nov	Intro to pitching/first steps	Load positioning and stance	Pre-pitch movements w/timing	Pre-pitch movements w/timing	Pre-pitch & positioning	
16-Nov	Knee lift and hand seperation	Proper timing w/ barrel action	Proper fielding mechanics - short feeds	Proper fielding mechanics	Proper fly ball mechanics	
17-Nov	Knee lift and hand seperation	Proper timing w/ barrel action	Proper fielding mechanics - short feeds	Proper fielding mechanics	Proper fly ball mechanics	
18-Nov	Knee lift and hand seperation	Proper timing w/ barrel action	Proper fielding mechanics - short feeds	Proper fielding mechanics	Proper fly ball mechanics	
23-Nov	Gloveside extension/rotation	Bunting - SAC, hit, suicide	Proper fielding mechanics - short feeds	Holding Runners - positioning & picks	Routes to baseballs L,R,F	
30-Nov	Base mechanics and knee lift	Load positioning, stance, timing	Pre-pitch movements w/timing	Pre-pitch movements w/timing	Pre-pitch & positioning	
1-Dec	Gloveside extension/rotation	Bunting - SAC, hit, suicide	Proper fielding mechanics	Holding Runners - positioning & picks	Routes to baseballs L,R,F	
2-Dec	Gloveside extension/rotation	Bunting - SAC, hit, suicide	Proper fielding mechanics	Holding Runners - positioning & picks	Routes to baseballs L,R,F	
7-Dec	Front knee block and backside	Situational hitting	Rounding the baseball w/ground ball	Shorthops & picking balls in dirt	Pro step and crow hop throws	
8-Dec	Gloveside extension/rotation	Bunting - SAC, hit, suicide	Proper fielding mechanics	Proper fielding mechanics	Proper fly ball mechanics	
9-Dec	Direction to plate & finish	Situational hitting	Rounding the baseball w/ground ball	Shorthops & picking balls in dirt	Pro step and crow hop throws	Receiving the baseball
14-Dec	Front knee block and backside	Situational hitting	Rounding the baseball w/ground ball	Shorthops & picking balls in dirt	Pro step and crow hop throws	
15-Dec	PFPs & fielding the bunt	Two strike approach hitting	Backhands and slowrollers	Stretching for ball w/right timing	Hitting the cutoff man	Proper blocking technique
16-Dec	Front knee block and backside	Situational hitting	Rounding the baseball w/ground ball	Shorthops & picking balls in dirt	Pro step and crow hop throws	Receiving the baseball
21-Dec	PFPs & fielding the bunt	Two strike approach hitting	Backhands and slowrollers	Stretching for ball w/right timing	Hitting the cutoff man	
22-Dec	PFPs & fielding the bunt	Two strike approach hitting	Backhands and slowrollers	Stretching for ball w/right timing	Hitting the cutoff man	
23-Dec	PFPs & fielding the bunt	Two strike approach hitting	Backhands and slowrollers	Stretching for ball w/right timing	Hitting the cutoff man	Proper blocking technique
4-Jan	Pickoffs to all bases	Hit and run, moving runners over	Let ball travel & proper tags	Flips/under hand tosses vs. throw	Find the fence & balls off fence	
5-Jan	Pickoffs to all bases	Hit and run, moving runners over	Let ball travel & proper tags	Flips/under hand tosses vs. throw	Find the fence & balls off fence	Receiving the baseball
6-Jan	Pickoffs to all bases	Hit and run, moving runners over	Let ball travel & proper tags	Flips/under hand tosses vs. throw	Find the fence & balls off fence	Catch and throw
11-Jan	Pickoffs to all bases	Hit and run, moving runners over	Let ball travel & proper tags	Flips/under hand tosses vs. throw	Find the fence & balls off fence	
12-Jan	Changeup & 4 seam grips	Strikezone awareness	Rundowns	Shorthops & picking balls in dirt	OF communication & priority	
13-Jan	Changeup & 4 seam grips	Strikezone awareness	Rundowns	Shorthops & picking balls in dirt	OF communication & priority	Receiving the baseball
18-Jan	Changeup & 4 seam grips	Strikezone awareness	Rundowns	Shorthops & picking balls in dirt	OF communication & priority	
19-Jan	Control run game - slidestep,pitchout	Bunting - SAC, hit, suicide	Double play footwork and throws	Relays from OF and positioning	Sliding technique into bases	Catch and throw
20-Jan	Changeup & 2 seam grips	Strikezone awareness	Rundowns	Shorthops & picking balls in dirt	OF communication & priority	Catch and throw
25-Jan	Control run game - slidestep,pitchout	Bunting - SAC, hit, suicide	Double play footwork and throws	Relays from OF and positioning	Sliding technique into bases	
26-Jan	Curveball & slider grips	Situational hitting	Groundballs up the middle	Shorthops & picking balls in dirt	Sliding technique into bases	Backpicks & wild pitches
27-Jan	Control run game - slidestep,pitchout	Bunting - SAC, hit, suicide	Double play footwork and throws	Relays from OF and positioning	Sliding technique into bases	Proper blocking technique
1-Feb	Curveball & slider grips	Situational hitting	Double play footwork and throws	Shorthops & picking balls in dirt	Sliding technique into bases	
2-Feb	Windup position w/all pitches	Hit and run, moving runners over	Groundballs up the middle	Stretching for ball w/right timing	Rounding bases properly	
3-Feb	Windup position w/all pitches	Hit and run, moving runners over	Groundballs up the middle	Stretching for ball w/right timing	Rounding bases properly	Backpicks & wild pitches
8-Feb	LIVE - 2 for 3 w/changeups FPS	LIVE - situations and bunting	LIVE - pre-pitch and holding runners	LIVE - pre-pitch and holding runners	LIVE - proper leads/secondaries	
9-Feb	LIVE - 2 for 3 w/fastballs only FPS	LIVE - situations and bunting	LIVE - pre-pitch and holding runners	LIVE - pre-pitch and holding runners	LIVE - proper leads/secondaries	LIVE: receiving/blocking
10-Feb	LIVE - 2 for 3 w/changeups FPS	LIVE - situations and bunting	LIVE - pre-pitch and holding runners	LIVE - pre-pitch and holding runners	LIVE - proper leads/secondaries	LIVE: receiving/blocking
15-Feb	LIVE - 2 for 3 w/curve & change FPS	LIVE - hit & run and bunting	LIVE - pre-pitch and holding runners	LIVE - pre-pitch and holding runners	LIVE - leads/basepath awareness	
16-Feb	LIVE - 2 for 3 w/curve & change FPS	LIVE - hit & run and bunting	LIVE - pre-pitch and holding runners	LIVE - pre-pitch and holding runners	LIVE - leads/basepath awareness	LIVE: receiving/blocking
17-Feb	LIVE - 2 for 3 w/changeups FPS	LIVE - situations and bunting	LIVE - pre-pitch and holding runners	LIVE - pre-pitch and holding runners	LIVE - leads/basepath awareness	LIVE: receiving/blocking
22-Feb	LIVE - full at bats. All pitches	LIVE - full at bats	LIVE - pre-pitch and holding runners	LIVE - pre-pitch and holding runners	LIVE - leads/rounding bases	
23-Feb	LIVE - 2 for 3 w/changeups FPS	LIVE - situations and bunting	LIVE - pre-pitch and holding runners	LIVE - pre-pitch and holding runners	LIVE - proper leads/secondaries	LIVE: receiving/blocking
24-Feb	LIVE - full at bats. All pitches	LIVE - full at bats	LIVE - pre-pitch and holding runners	LIVE - pre-pitch and holding runners	LIVE - leads/rounding bases	LIVE: receiving/blocking
1-Mar	LIVE - full at bats. All pitches	LIVE - full at bats	LIVE - pre-pitch and holding runners	LIVE - pre-pitch and holding runners	LIVE - leads/rounding bases	
2-Mar	LIVE - full at bats. All pitches	LIVE - full at bats	LIVE - pre-pitch and holding runners	LIVE - pre-pitch and holding runners	LIVE - leads/rounding bases	LIVE: receiving/blocking
3-Mar	LIVE - full at bats. All pitches	LIVE - full at bats	LIVE - pre-pitch and holding runners	LIVE - pre-pitch and holding runners	LIVE - first move, secondaries	LIVE: receiving/blocking
8-Mar	LIVE - full at bats. All pitches	LIVE - full at bats	LIVE - pre-pitch and holding runners	LIVE - pre-pitch and holding runners	LIVE - first move, secondaries	
9-Mar	LIVE - full at bats. All pitches	LIVE - full at bats	LIVE - pre-pitch and holding runners	LIVE - pre-pitch and holding runners	LIVE - first move, secondaries	LIVE: receiving/blocking