MIDDLETOWN ACADEMY - WEEKLY ITINERARY

	Pitchers	Hitting	Middle INF	Corner INF	Outfield/Base Running	Catchers
16-Nov	Intro to pitching/first steps	Load positioning and stance	Pre-pitch movements w/timing	Pre-pitch movements w/timing		
17-Nov	Intro to pitching/first steps	Load positioning and stance	Pre-pitch movements w/timing	Pre-pitch movements w/timing		Receiving the baseball
19-Nov	Intro to pitching/first steps	Load positioning and stance	Pre-pitch movements w/timing	Pre-pitch movements w/timing		
22-Nov	Knee lift and hand seperation	Proper timing w/ barrel action	Proper fielding mechanics - short feeds	Proper fielding mechanics		Recieving the baseball
23-Nov	Knee lift and hand seperation	Proper timing w/ barrel action	Proper fielding mechanics - short feeds	Proper fielding mechanics		
24-Nov	Intro to pitching/first steps	Load positioning and stance	Pre-pitch movements w/timing	Pre-pitch movements w/timing		Receiving the baseball
30-Nov	Knee lift and hand seperation	Proper timing w/ barrel action	Proper fielding mechanics - short feeds	Proper fielding mechanics		
1-Dec	Knee lift and hand seperation	Proper timing w/ barrel action	Proper fielding mechanics - short feeds	Proper fielding mechanics		Proper blocking technique
3-Dec	Gloveside extension/rotation	Bunting - SAC, hit, suicide	Proper fielding mechanics w/flips	Holding Runners - positioning & picks		Proper blocking technique
7-Dec	Gloveside extension/rotation	Bunting - SAC, hit, suicide	Proper fielding mechanics w/flips	Holding Runners - positioning & picks		
8-Dec	Gloveside extension/rotation	Bunting - SAC, hit, suicide	Proper fielding mechanics w/flips	Holding Runners - positioning & picks		Receiving the baseball
10-Dec	Gloveside extension/rotation	Bunting - SAC, hit, suicide	Proper fielding mechanics w/flips	Holding Runners - positioning & picks		Proper blocking technique
14-Dec	Front knee block and backside	Situational hitting	Rounding the baseball w/ground ball	Shorthops & picking balls in dirt		
15-Dec	Front knee block and backside	Situational hitting	Rounding the baseball w/ground ball	Shorthops & picking balls in dirt		Catch and throw
17-Dec	Front knee block and backside	Situational hitting	Rounding the baseball w/ground ball	Shorthops & picking balls in dirt		Catch and throw
21-Dec	PFPs & fielding the bunt	Two strike approach hitting	Backhands and slowrollers	Stretching for ball w/right timing		
22-Dec	Front knee block and backside	Situational hitting	Rounding the baseball w/ground ball	Shorthops & picking balls in dirt		Proper blocking technique
23-Dec	Direction to the plate & fielding bunt	Two strike approach hitting	Backhands and slowrollers	Stretching for ball w/right timing		Catch and throw
4-Jan	PFPs & fielding the bunt	Two strike approach hitting	Backhands and slowrollers	Stretching for ball w/right timing		
5-Jan	PFPs & fielding the bunt	Two strike approach hitting	Backhands and slowrollers	Stretching for ball w/right timing		Wild pitch & throws to plate
7-Jan	PFPs & fielding the bunt	Two strike approach hitting	Backhands and slowrollers	Stretching for ball w/right timing		Catch and throw
11-Jan	Pickoffs to all bases	Hit and run, moving runners over	Let ball travel & proper tags		Proper fly ball mechanics	
12-Jan	Pickoffs to all bases	Hit and run, moving runners over	Let ball travel & proper tags		Proper fly ball mechanics	Wild pitch & throws to plate
14-Jan	Pickoffs to all bases	Hit and run, moving runners over	Let ball travel & proper tags		Proper fly ball mechanics	Wild pitch & throws to plate
18-Jan	Pickoffs to all bases	Hit and run, moving runners over	Let ball travel & proper tags		Proper fly ball mechanics	
19-Jan	Pickoffs to all bases	Hit and run, moving runners over	Let ball travel & proper tags		Proper fly ball mechanics	Wild pitch & throws to plate
21-Jan	Changeup & 4 seam grips	Strikezone awareness	Rundowns		Routes to baseballs L,R,F	
25-Jan	Changeup & 4 seam grips	Strikezone awareness	Rundowns		Routes to baseballs L,R,F	
26-Jan	Changeup & 4 seam grips	Strikezone awareness	Rundowns		Routes to baseballs L,R,F	
28-Jan	Changeup & 4 seam grips	Strikezone awareness	Rundowns		Routes to baseballs L,R,F	
1-Feb	Curveball & slider grips	Bunting - SAC, hit, suicide	Double play footwork & turns		Pro step and crow hop throws	
2-Feb	Curveball & slider grips	Bunting - SAC, hit, suicide	Double play footwork & turns		Pro step and crow hop throws	
4-Feb	Pitching to location - inside/outside	Bunting - SAC, hit, suicide	Double play footwork & turns		Pro step and crow hop throws	
8-Feb	Slidesteps & pitchouts	Situational hitting	Groundball up middle		Sliding technique into bases	
9-Feb	Slidesteps & pitchouts	Situational hitting	Groundball up middle		Sliding technique into bases	
11-Feb	Slidesteps & pitchouts	Situational hitting	Groundball up middle		Sliding technique into bases	
15-Feb	Windup position vs. stretch	Hit and run, moving runners over	Groundballs up the middle		Rounding bases properly	
16-Feb	Windup position vs. stretch	Hit and run, moving runners over	Groundballs up the middle		Rounding bases properly	
18-Feb	Windup position vs. stretch	Hit and run, moving runners over	Groundballs up the middle		Rounding bases properly	
22-Feb	LIVE - full at bats. All pitches	LIVE - situations and bunting				
23-Feb	LIVE - full at bats. All pitches	LIVE - situations and bunting				
25-Feb	LIVE - full at bats. All pitches	LIVE - situations and bunting				
1-Mar	LIVE - full at bats. All pitches	LIVE - situations and bunting				
2-Mar	LIVE - full at bats. All pitches	LIVE - situations and bunting				
4-Mar	LIVE - full at bats. All pitches	LIVE - situations and bunting				
8-Mar	LIVE - full at bats. All pitches	LIVE - full at bats				
9-Mar	LIVE - full at bats. All pitches	LIVE - full at bats				
11-Mar	LIVE - full at bats. All pitches	LIVE - full at bats				
15-Mar	LIVE - full at bats. All pitches	LIVE - full at bats				
16-Mar	LIVE - full at bats. All pitches	LIVE - full at bats				
18-Mar	LIVE - full at bats. All pitches	LIVE - full at bats				
18-Mar	LIVE - full at bats. All pitches	LIVE - full at bats				