

Date	Groups	Pitching	Hitting	Middle INF	Corner INF	OF/Base Running	Catchers
5-Nov	1,2,3	Base Position & 1st movements	Stance & load	Pre-pitch movement w/timing	Pre-pitch movement w/timing	Proper flyball mechanics	Catching stance w/signals & signs to P
6-Nov	4,5,6	Base Position & 1st movements	Stance & load	Pre-pitch movement w/timing	Pre-pitch movement w/timing	Proper flyball mechanics	Catching stance w/signals & signs to P
7-Nov	7,8,9	Base Position & 1st movements	Stance & load	Pre-pitch movement w/timing	Pre-pitch movement w/timing	Proper flyball mechanics	Catching stance w/signals & signs to P
12-Nov	9,7,8	Knee lift, hand seperation	Stance & load	Pre-pitch movement w/timing	Pre-pitch movement w/timing	Proper flyball mechanics	Set up & receiving the baseball
13-Nov	3,2,1	Knee lift, hand seperation	Stance & load	Pre-pitch movement w/timing	Pre-pitch movement w/timing	Proper flyball mechanics	Set up & receiving the baseball
14-Nov	6,5,4	Knee lift, hand seperation	Stance & load	Pre-pitch movement w/timing	Pre-pitch movement w/timing	Proper flyball mechanics	Set up & receiving the baseball
19-Nov	9,8,7	Gloveside reach, hip/shoulder	Rhythm & timing	Fielding mechanics w/short feeds & flips	Fielding mechanics w/short feeds & flips	All routes to baseball - L,R,F	Set up & receiving the baseball
20-Nov	5,4,6	Gloveside reach, hip/shoulder	Rhythm & timing	Fielding mechanics w/short feeds & flips	Fielding mechanics w/short feeds & flips	All routes to baseball - L,R,F	Proper blocking technique
21-Nov	1,2,3	Gloveside reach, hip/shoulder	Rhythm & timing	Fielding mechanics w/short feeds & flips	Fielding mechanics w/short feeds & flips	All routes to baseball - L,R,F	Set up & receiving the baseball
26-Nov	10,11,12	Base Position & 1st movements	Stance & load	Pre-pitch movement w/timing	Pre-pitch movement w/timing	Proper flyball mechanics	Catching stance w/signals & signs to P
27-Nov	3,2,1	Front knee block, front leg actions	Rhythm & timing	Gloveside groundballs w/throw	Holding runners - positioning & picks	Introduction to the pro step	Proper blocking technique
3-Dec	5,6,4	Front knee block, front leg actions	Rhythm & timing	Gloveside groundballs w/throw	Fielding mechanics w/short feeds & flips	Introduction to the pro step	Proper blocking technique
4-Dec	1,13,14	Body direction, backside finish	Approach & mindset	Backhanding the baseball	Shorthops and dirt ball picks	Find the fence, balls off the fence	Proper blocking technique
5-Dec	10,12,11	Knee lift, hand seperation	Stance & load	Pre-pitch movement w/timing	Pre-pitch movement w/timing	All routes to baseball - L,R,F	Set up & receiving the baseball
10-Dec	2,13,14	Body direction, backside finish	Approach & mindset	Backhanding the baseball	Shorthops and dirt ball picks	Find the fence, balls off the fence	Proper blocking technique
11-Dec	8,7,9	Front knee block, front leg actions	Rhythm & timing	Gloveside groundballs w/throw	Holding runners - positioning & picks	Introduction to the pro step	Proper blocking technique
12-Dec	12,11,10	Gloveside reach, hip/shoulder	Rhythm & timing	Fielding mechanics w/short feeds & flips	Fielding mechanics w/short feeds & flips	Find the fence, balls off the fence	Set up & receiving the baseball
17-Dec	6,4,5	Body direction, backside finish	Approach & mindset	Backhanding the baseball	Shorthops and dirt ball picks	Introduction to the pro step	Throwing runners out at 2B & 3B
18-Dec	11,13,14	Front knee block, front leg actions	Rhythm & timing	Gloveside groundballs w/throw	Fielding mechanics w/short feeds & flips	Find the fence, balls off the fence	Proper blocking technique
19-Dec	3,1,2	PPFs, fielding the bunt	Approach & mindset	Slow rollers & throws on the run	Stretching for ball w/right timing	OF communication & priority	Throwing runners out at 2B & 3B
23-Dec	11,12,10	Body direction, backside finish	Approach & mindset	Backhanding the baseball	Holding runners - positioning & picks	Introduction to the pro step	Proper blocking technique
2-Jan	8,9,7	Body direction, backside finish	Approach & mindset	Backhanding the baseball	Shorthops and dirt ball picks	Find the fence, balls off the fence	Proper blocking technique
7-Jan	11,10,12	PPFs, fielding the bunt	Approach & mindset	Slow rollers & throws on the run	Shorthops and dirt ball picks	OF communication & priority	Throwing runners out at 2B & 3B
8-Jan	3,13,14	Body direction, backside finish	Situational hitting	Rounding the baseball	Stretching for ball w/right timing	Sliding technique into bases	Throwing runners out at 2B & 3B
9-Jan	4,5,6	PPFs, fielding the bunt	Approach & mindset	Slow rollers & throws on the run	Shorthops and dirt ball picks	OF communication & priority	Throwing runners out at 2B & 3B
14-Jan	1,2,3	Pickoffs to 1B, 2B and 3B	Situational hitting	Double plays - receiving & throwing	Throws to 2B after runner picked off	Sliding technique into bases	Slides on wild pitches w/feeds
15-Jan	5,13,14	Pickoffs to 1B, 2B and 3B	Situational hitting	Rounding the baseball	Stretching for ball w/right timing	Sliding technique into bases	Slides on wild pitches w/feeds
16-Jan	12,11,10	Pickoffs to 1B, 2B and 3B	Situational hitting	Rounding the baseball	Stretching for ball w/right timing	Sliding technique into bases	Throwing runners out at 2B & 3B
21-Jan	6,13,14	Pickoffs to 1B, 2B and 3B	Situational hitting	Rounding the baseball	Stretching for ball w/right timing	Sliding technique into bases	Slides on wild pitches w/feeds
22-Jan	11,12,10	Controlling run game - slidesteps/holds	Situational hitting	Rundowns	Throws to 2B after runner picked off	Dirtball baserunning reads	Slides on wild pitches w/feeds
23-Jan	8,7,9	PPFs, fielding the bunt	Approach & mindset	Slow rollers & throws on the run	Stretching for ball w/right timing	OF communication & priority	Throwing runners out at 2B & 3B
28-Jan	10,11,12	Curveballs, changeups, 2-seam, 4-seam FB	Bunting	Double plays - receiving & throwing	Stretching for ball w/right timing	Route to firstbase on XBH hits	Slides on wild pitches w/feeds
29-Jan	7,13,14	Pickoffs to 1B, 2B and 3B	Situational hitting	Rounding the baseball	Throws to 2B after runner picked off	Sliding technique into bases	Slides on wild pitches w/feeds
30-Jan	4,5,6	Controlling run game - slidesteps/holds	Bunting	Rundowns	Throws to 2B after runner picked off	Dirtball baserunning reads	Backpicks to 1B
4-Feb	2,3,1	FBs, curveballs and changeup grips	Bunting	Rundowns	Tags on runner after errant INF throw	Dirtball baserunning reads	Backpicks to 1B
5-Feb	9,10,11	FBs, curveballs and changeup grips	Bunting	Rounding the baseball	Throws to 2B after runner picked off	Sliding technique into bases	Backpicks to 1B
6-Feb	8,13,14	FBs, curveballs and changeup grips	Situational hitting	Rounding the baseball	Throws to 2B after runner picked off	Dirtball baserunning reads	Slides on wild pitches w/feeds
11-Feb	9,13,14	2/3s w/FB only. Hitters stand in	Stand in, recognize the pitch	Rundowns	Tags on runner after errant INF throw	Route to firstbase on XBH hits	Pitch calling & situational awareness
12-Feb	5,10,12	2/3s w/FB only. Hitters stand in	Stand in, recognize the pitch	Double plays - receiving & throwing	Tags on runner after errant INF throw	Dirtball baserunning reads	Pitch calling & situational awareness
13-Feb	4,8,7	2/3s w/FB only. Hitters stand in	Stand in, recognize the pitch	Double plays - receiving & throwing	Tags on runner after errant INF throw	Route to firstbase on XBH hits	Pitch calling & situational awareness
18-Feb	10,13,14	LIVE - Full at-bats with all pitches	Live Abs	Fielding your position	Fielding your position	Taking a proper lead at 1B, 2B, 3B	Live action behind dish
19-Feb	6,11,12	2/3s w/FB only. Hitters stand in	Stand in, recognize the pitch	How to read the right hop w/bad hops	How to read the right hop w/bad hops	Route to firstbase on XBH hits	Pitch calling & situational awareness
20-Feb	2,1,3	2/3s w/FB only. Hitters stand in	Stand in, recognize the pitch	How to read the right hop w/bad hops	How to read the right hop w/bad hops	Route to firstbase on XBH hits	Pitch calling & situational awareness
25-Feb	9,7,8	LIVE - Full at-bats with all pitches	Stand in, recognize the pitch	How to read the right hop w/bad hops	How to read the right hop w/bad hops	Route to firstbase on XBH hits	Live action behind dish
26-Feb	11,12,10	LIVE - Full at-bats with all pitches	Live Abs	Fielding your position	Fielding your position	Taking a proper lead at 1B, 2B, 3B	Live action behind dish
27-Feb	4,13,14	LIVE - Full at-bats with all pitches	Live Abs	Fielding your position	Fielding your position	Taking a proper lead at 1B, 2B, 3B	Live action behind dish
4-Mar	3,1,2	LIVE - Full at-bats with all pitches	Live Abs	Fielding your position	Fielding your position	Taking a proper lead at 1B, 2B, 3B	Live action behind dish
5-Mar	8,7,9	LIVE - Full at-bats with all pitches	Live Abs	Fielding your position	Fielding your position	Taking a proper lead at 1B, 2B, 3B	Live action behind dish
6-Mar	5,6,4	LIVE - Full at-bats with all pitches	Live Abs	Fielding your position	Fielding your position	Taking a proper lead at 1B, 2B, 3B	Live action behind dish
11-Mar	6,5,4	LIVE - Full at-bats with all pitches	Live Abs	Fielding your position	Fielding your position	Taking a proper lead at 1B, 2B, 3B	Live action behind dish
12-Mar	2,1,3	LIVE - Full at-bats with all pitches	Live Abs	Fielding your position	Fielding your position	Taking a proper lead at 1B, 2B, 3B	Live action behind dish
13-Mar	9,8,7	LIVE - Full at-bats with all pitches	Live Abs	Fielding your position	Fielding your position	Taking a proper lead at 1B, 2B, 3B	Live action behind dish
18-Mar	9,8,7	LIVE - Full at-bats with all pitches	Live Abs	Fielding your position	Fielding your position	Taking a proper lead at 1B, 2B, 3B	Live action behind dish
19-Mar	5,6,4	LIVE - Full at-bats with all pitches	Live Abs	Fielding your position	Fielding your position	Taking a proper lead at 1B, 2B, 3B	Live action behind dish
20-Mar	2,1,3	LIVE - Full at-bats with all pitches	Live Abs	Fielding your position	Fielding your position	Taking a proper lead at 1B, 2B, 3B	Live action behind dish