

# **SCHEDULE – PITCHERS, CATCHERS PROGRAM -PRO**

## **Wednesday 7.November**

10:00 meeting – rooms, T shirt, cap, shorts, short info (Pavel, David)

### **10:30 -12:30 basketball gym**

10:30 - 10:40 welcome players and interducing coaching stuff (Pavel, David, Bill) /10 min./

10:40- 11:00 – warm up - run, agility, dynamic stretch (Iva, Tomas) / 20 min./

11:00 – 11:40 every players - all /40min./ TESTS

### **5min- drink, fruits (Iva, Lukas)**

11:45 - 12:15 every players - BILL I. /30min./ introducing throwing program

12:15- 12:30 - cool down, static stretch (Iva) /15min./

13:00 lunch

### **14:30 - 17:30 basketball gym**

14:30 - 14:50- warm up IVA / 20 min./

14:55 - 15:25- every players BILL II. /30min/ throwing program

**5min** 15:30- 16:30 - pitchers Bill III. /60 min/ bullpens video

**5min** 16:35- 17:20- pitchers all , catchers DAVID I /45min/ pickoffs , hold runners, PFP ?

Cool down Iva

18:00 dinner

### **19:30 - 20:15 basketball gym**

every players - core - IVA , TOMAS

drink, fruits

### **20:20 - 21:00 swimming pool**

every players -- swimming pool /30 minut/ - TOMAS, IVA

21:15 - classroom No I. - video analysis, questions coaches – classroom/ pub Bill

21:30 – players are sleeping without mobils (Iva)

## **Thuesday 8. November**

8:00 breakfest

### **9:00 - 11:30 basketball gym**

9:00 – 9:30 speaking with players Bill / 30 min./

9:30 – 9:50 warm up - run, agility, dynamic stretch (Iva, Tomas) / 20 min./

9:50 – 10:35 every players - Pavel, BILL IV. /45 min./ medballs, corection drills

### **5min- drink, fruits (Iva)**

10:40 - 11:20 pitchers Bill V., catchers - DAVID II. /30 min./ tools

11:20- 11:30 - cool down, static stretch (Iva, Tomas)

12:00 lunch

### **13.30 – 15:30 basketball gym**

13:30 - 13:50- warm up IVA

13:55 - 14:25- pitchers BILL VI., catchers DAVID III. /30min/ PFP

**5min** 14:30- 15:00 - every players Bill /30min/ recaps players and coaches

15: 00 core Iva