



Welcome to:
BASEBALL FACTORY
SELECT TRAINING & COMPETITION
AT PIRATE CITY

Pirate City Spring Training Facility
The Southern Home of Baseball Factory

November 6-9, 2014



Join the Conversation! @BaseballFactory
#PirateCityTraining

BF Select Training & Competition @ Pirate City
Thursday, November 6**@BaseballFactory #PirateCityTraining**

6:00pm	Registration Opens	Clubhouse
6:00pm	Cages Open for Optional Hitting	Cages
8:00pm	AL (Players and Parents) Welcome Meeting	Cafeteria
8:30pm	NL (Players and Parents) Welcome Meeting	Cafeteria
9:00pm	ALL Players Base Running Chat <i>presented by Edgar Varela</i>	Cafeteria
10:30pm	Curfew – *Dorms & Clubhouse limited to Players Only*	In Your Own Room

Friday, November 7

6:45am	(AL & NL) Breakfast	(6:45 - 7:45)	Cafeteria
8:00am	(AL & NL)	Stretch	Field 3
8:45am	(AL) Throwing Program & Individual Defense		(at primary position)
	Middle INF		Field 5/6
	Corner INF		Field 5/6
	Outfielders		Field 5/6 OF
	Catchers		Cages
	Pitchers		Bullpens

NATIONAL LEAGUE

8:45am	Team Meetings / Pop-up Priorities		Game Fields
9:15am	Base Running (Home → 1 st Base)		Game Fields
9:25am	Throwing Program		Game Fields
9:45am	Pirates vs. Rockies	(3 innings)	Field 1
	DBacks vs. Braves	(3 innings)	Field 2
	Brewers	(Cuts & Relays / 1 st Base Related)	Field 3
10:45am	Brewers vs. Pirates	(3 innings)	Field 1
	Rockies vs. DBacks	(3 innings)	Field 2
	Braves	(Cuts & Relays / 1 st Base Related)	Field 3
11:45am	Braves vs. Brewers	(3 innings)	Field 1
	Pirates, DBacks (half)	(Cuts & Relays / 1 st Base Related)	Field 2
	Rockies, DBacks (half)	(Cuts & Relays / 1 st Base Related)	Field 3
1:00pm	NL – Lunch	(1:00 - 1:45)	Cafeteria

AMERICAN LEAGUE

10:00am	Rotations by Team	(5 x 25 minutes)	
	1. Pop-up Priority / Def. Reps		Field 5
	2. Launch Position / Back Panel		Cages 5-6
	3. Contact Points / Short Screen		Cages 3-4
	4. Agility Work / Lateral Movements		Agility Area
	5. Base Running (Home → 1 st & 1 st Base)		Field 6

Baseball Factory On-Site Contact: Nolan Fuller (607) 316-1361

BF Select Training & Competition @ Pirate City
Friday, November 7 (continued)

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12:05pm AL – Lunch (12:05 - 12:45) Cafeteria

AMERICAN LEAGUE

1:15pm	Quick Stretch		Game Fields
1:30pm	Abbreviated Throwing Program / Pitchers Ready		Game Fields / Bullpens
1:45pm	Jay's vs. Yankees	(3 innings)	Field 1
	Rangers vs. Rays	(3 innings)	Field 2
	Mariners	(Cuts & Relays / 2 nd Base Related)	Field 3
2:45pm	Mariners vs. Jay's	(3 innings)	Field 1
	Yankees vs. Rangers	(3 innings)	Field 2
	Rays	(Cuts & Relays / 2 nd Base Related)	Field 3
3:45pm	Rays vs. Mariners	(3 innings)	Field 1
	Jay's, Yankees (half)	(Cuts & Relays / 2 nd Base Related)	Field 2
	Rangers, Yankees (half)	(Cuts & Relays / 2 nd Base Related)	Field 3

5:30pm AL - Dinner (5:30 - 6:00) Cafeteria

NATIONAL LEAGUE

2:15pm	Quick Stretch		Field 5/6
2:35pm	Speed Training	Proper Running Form / Sixty Starts	Field 5/6
2:45pm	Sixty Yard Dash	4 Lanes (2 teams at a time)	Field 5/6
3:00pm	Individual Defense		(at primary position)
	Middle INF		Field 5/6
	Corner INF		Field 5/6
	Outfielders		Field 5/6 OF
	Catchers		Cages
	Pitchers		Bullpens
3:50pm	Block Rotations (2 x 45 minutes)		
	1. Cages 5/6 → Cages 3/4 → Agility [3 x 15 minutes]		
	2. Baserunning (2 nd base related) → Defensive Reps [2 x 20 minutes]		

6:00pm NL - Dinner (6:00 - 6:30) Cafeteria

AMERICAN LEAGUE

7:00pm	College Recruiting Seminar (Bring Notebook)	Cafeteria
8:15pm	Offensive Rotations / Daily Notes Period	Cages / Clubhouse

NATIONAL LEAGUE

7:00pm	Offensive Rotations / Daily Notes Period	Cages / Clubhouse
8:15pm	College Recruiting Seminar (Bring Notebook)	Cafeteria

10:30pm Curfew In Your Own Room

BF Select Training & Competition @ Pirate City
Saturday, November 8

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6:45am	AL & NL Breakfast	(6:45 - 7:45)	Cafeteria
8:00am	AL & NL	Stretch	Field 3
8:40am	AL & NL	Individual Defense	(at primary or secondary position)
	Middle INF		Field 5/6
	Corner INF		Field 5/6
	Outfielders		Field 2
	Catchers		Field 3 (or Cages)
	Pitchers		Bullpens 1/2, Field 3

AMERICAN LEAGUE

9:45am	Rays vs. Jay's	(3 innings)	Field 1
	Mariners vs. Rangers	(3 innings)	Field 2
	Yankees	(Game Review, 3 rd Base Related)	Field 3
10:45am	Yankees vs. Rays	(3 innings)	Field 1
	Jay's vs. Rangers	(3 innings)	Field 2
	Mariners	(Game review, 3 rd Base Related)	Field 3
11:45pm	Mariners vs. Yankees	(3 innings)	Field 1
	Rays, Jay's (half)	(Game Review, 3 rd Base Related)	Field 2
	Mariners, Jay's (half)	(Game Review, 3 rd Base Related)	Field 3

1:00pm AL - Lunch (1:00 - 1:45) Cafeteria

NATIONAL LEAGUE

10:00am	Rotations by Position Group	(4 x 25 minutes)	
	<i>* Primary P go to secondary position, Groups = C, MIF, CIF, OF</i>		
	1. Defensive Reps w/ Evaluators		Field 5/6
	2. Introduction to Breaking Balls		Cages 5-6
	3. Lob Drill / Ball Hit		Cages 3-4
	4. Baserunning (3 rd base) / Speed Training		Field 5/6

12:00pm NL - Lunch (12:00 - 12:45) Cafeteria

NATIONAL LEAGUE

1:15pm	Quick Stretch		Game Fields
1:30pm	Abbreviated Throwing Program / Pitchers Ready		Game Fields / Bullpens
1:45pm	Braves vs. Pirates	(3 innings)	Field 1
	Brewers vs. DBacks	(3 innings)	Field 2
	Rockies	(Game Review / Fungo Reps)	Field 3
2:45pm	Pirates vs. DBacks	(3 innings)	Field 1
	Rockies vs. Braves	(3 innings)	Field 2
	Brewers	(Game Review / Fungo Reps)	Field 3
3:45pm	Rockies vs. Brewers	(3 innings)	Field 1
	Pirates, Braves (half)	(Game Review / Fungo Reps)	Field 2
	DBacks, Braves (half)	(Game Review / Fungo Reps)	Field 3

BF Select Training & Competition @ Pirate City
Saturday, November 8 (continued)

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5:30pm NL - Dinner (5:30 - 6:00) Cafeteria

AMERICAN LEAGUE

2:15pm	Quick Stretch		Field 5/6
2:35pm	Speed Training	Proper Running Form / Sixty Starts	Field 5/6
2:45pm	Sixty Yard Dash	4 Lanes (2 teams at a time)	Field 5/6
3:00pm	Rotations by Position Group	(4 x 25 minutes)	
	* Primary P go to secondary position, Groups = C, MIF, CIF, OF		
	1. Defensive Reps w/ Evaluators		Field 5/6
	2. Introduction to Breaking Balls		Cages 5-6
	3. Lob Drill / Ball Hit		Cages 3-4
	4. Speed & Agility		Agility Area

6:00pm AL - Dinner (6:00 - 6:30) Cafeteria

NATIONAL LEAGUE

7:00pm	Baseball IQ / Daily Notes Period / Travel Meeting	Cafeteria
8:15pm	Offensive Rotations	Cages

AMERICAN LEAGUE

7:00pm	Offensive Rotations	Cages
8:15pm	Baseball IQ / Daily Notes Period / Travel Meeting	Cafeteria

10:30pm Curfew In Your Own Room

Sunday, November 9

6:45am	AL & NL Breakfast	(6:45 - 7:45)	Cafeteria
8:00am	AL & NL	Stretch	Field 3
8:45am	AL & NL	Individual Defense	(at primary position)
	Middle INF		Field 5/6
	Corner INF		Field 5/6
	Outfielders		Field 2
	Catchers		Field 3
	Pitchers		Bullpens 1/2, Field 3 (for PFP)
9:30am	Report to First Station		

BF Select Training & Competition @ Pirate City
 Sunday, November 9 (continued)

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9:45am Rotations (25 minutes), 5 minutes allowed between for group movement

NL	Pirates	Rockies	D-Backs	Braves	Brewers
9:45	Cages 3-4	Sim Game HIT (3)	Sim Game FLD (3)	21 Outs (F 5/6)	Agility (Cages)
10:15	Agility (Cages)	Cages 3-4	Sim Game HIT (3)	Sim Game FLD (3)	21 Outs (F 5/6)
10:45	21 Outs (F 5/6)	Agility (Cages)	Cages 3-4	Sim Game HIT (3)	Sim Game FLD (3)
11:15	Sim Game FLD (3)	21 Outs (F 5/6)	Agility (Cages)	Cages 3-4	Sim Game HIT (3)
11:45	Sim Game HIT (3)	Sim Game FLD (3)	21 Outs (F 5/6)	Agility (Cages)	Cages 3-4

AL	Blue Jays	Yankees	Rangers	Rays	Mariners
9:45	Cages 5-6	Sim Game HIT (2)	Sim Game FLD (2)	21 Outs (F 5/6)	Agility (Cages)
10:15	Agility (Cages)	Cages 5-6	Sim Game HIT (2)	Sim Game FLD (2)	21 Outs (F 5/6)
10:45	21 Outs (F 5/6)	Agility (Cages)	Cages 5-6	Sim Game HIT (2)	Sim Game FLD (2)
11:15	Sim Game FLD (2)	21 Outs (F 5/6)	Agility (Cages)	Cages 5-6	Sim Game HIT (2)
11:45	Sim Game HIT (2)	Sim Game FLD (2)	21 Outs (F 5/6)	Agility (Cages)	Cages 5-6

12:30pm **AL & NL** Closing Comments Field 4 LF

12:45pm Lunch (12:30 - 1:30pm) & Check Out Return Room Keys to Front Desk

1:30pm Airport Transfers Begin

PIRATE CITY COMPLEX MAP

