

***BERLIN PITCHING/CATCHING CAMP with Randy Myers***  
***FLAMINGO PARK***

***Day One Schedule - June 24, 2019***

- 9:00 - 9:15    Introductions  
                  Benji Kleiner - Camp Co-Ordinator  
                  Don Freeman - Camp Co-Ordinator  
                  Randy Myers - Former MLB Fireman of the Year  
                  Jesco Veisz - Former German National Team Coach  
                  Orlando Del Muro - 1BL All Star
- 9:15 - 9:25    Presentation - What is Pitching
- 9:25 - 9:35    Group Warm Up
- 9:35 - 9:45    Randy Myers Warm Up Throwing Routine  
                  Glove Positioning While Throwing/Pitching
- 9:45 - 9:55    Phase One of Long Toss (Alan Jaeger)
- 9:55 - 10:05   Pick off Footwork
- 10:05 - 10:10   Water Break
- 10:10 - 10:25   Presentation #2 - Mental Imagery (Eliminate the distractors) (DF)
- 10:25 - 10:50   Change Up Points & Factors - Group
- 10:50 - 11:00   Water & Toilette Break
- 11:00 - 12:00   Pitching Mechanics Throwing to Catchers/Partners  
                  Divide into Three Groups  
                  Mechanics - RM  
                  Breaking Ball Spin Drills - DF  
                  Triangle Drill - BK
- 12:00 - 12:10   Water Break
- 12:10 - 12:20   Presentation #3 - First Segment - Pitching Points For Success (#1-15)
- 12:20 - 12:30   Review Today

***Day Two Schedule - June 25, 2019***

- 9:00 - 9:10    Morning Instructions - Questions from Previous Day
- 9:10 - 9:25    Morning Discussion

Take the Mound With a Plan  
Pre-Game Preparation - Warm Up

- 9:25 - 9:35 Morning Body Warm Up  
9:35 - 9:45 Randy Myers Throwing Warm Up  
9:45 - 9:55 Throwing on the Run (DF)  
9:55 - 10:05 Water - Toilette Break  
10:05 - 11:05 PFP Routines - Two Groups (A & B) - 15-minute rotations

**Session #1** - Three Positions on the mound  
Middle - Comebacker (1-6)  
1B Side - Cover 1B bag off of fungo  
3B Side - Field Bunt (1-5)

Pic Station

Pic @1B

Set/Quick Feet

Pic @2B

Daylight

Inside Move to Hold Runners @2B

**Session #2** -

Passed Ball/Cover home

Back Up 3B/Home

- 11:05 - 11:15 Water/Toilette Break  
11:15 - 11:35 Divide into Pairs  
Spin Drill - Stacked Baseballs/Water/Cola Bottles  
Maddux Drill - Release Feel on Breaking Ball  
11:35 - 11:50 Holding Runners - Active/Present  
11:50 - 11:55 Move to Bleachers - Bring Water Bottle  
11:55 - 12:10 Presentation #4 - George Roberts Example  
12:10 - 12:25 Presentation #5 - 2<sup>nd</sup> segment - Pitching Points for Success #15-30  
(DF)  
12:25 - 12:35 Today's & Review

**Day Three Schedule - June 26, 2019**

- 9:00 - 9:10 Morning Instructions - Questions from Previous Day  
9:10 - 9:25 Morning Discussion - Importance of Body Language  
\*Gain and show confidence because you know you prepared.  
\*You have refined your mechanics to consistently repeat  
\*Fake it until you make it - Batter doesn't know

\*Disguise frustrations and doubts - It will get better

- 9:25 - 9:35 Morning Body Warm Up
  - 9::35 - 9:45 Randy Myers Throwing Warm Up
  - 9:45 - 9:55 Throwing on the Run (DF)
  - 9:55 - 10:10 Water - Toilette Break
  - 10:10 - 10:25 Change Up Short Box With Partners
  - 10:15 - 10:55 Groups A & B (20 min. rotations)  
PFP Routines - Pic Work (Groups A)  
Bull Pen Work w/ RM (Group B)
  - 10:35 - 10:55 Rotate
  - 11:05 - 11:10 Water Break
  - 11:10 - 11:25 Presentation #5 - Off Season Preparation
  - 11:25 - 11:40 Presentation #6 - Third Segment Pitching Points (#30-#45)
  - 11:40 - 11:55 Post Game or Training Drills
  - 11:55 - 12:05 Water and Toilette Break
  - 12:05 - 12:15 Presentation #7 - Performance Success is Enhanced with Mental
- Focus
- 12:15 - 12:20 Questions and Responses
  - 12:20 - 12:30 Closing Remarks/Awards
  - 12:30 - 12:45 Photos and Good Byes