



INSTRUCTION CAMP TENERIFE 2023

Arrival Tuesday 7th November around 6:30pm Tenerife time

Easy run with Joe

8pm Dinner, players and coaches meeting

Wednesday 8th November

8am breakfast 8:40am departure

9am-10am Warm up (Joe) + Condition 1

**1. pitchers group - running drills + medicine balls 1
(Ondra, John)**

2. hitters groups - jumping drills + core (Joe, Zýmen)

Practice 10 – 12am

40 min catchers, outfielders - cage (Alex)

Infielders – Zýmen, Davča

Pitchers – John, Ondra - arm care, throwing program...

40min. – IF – cage, OF – Davča, P, C – basic PFP

40 min - BP (Alex), Zýmen in cage P – individual, help

lunch meal money

6:30pm dinner, coaches meeting

Thursday 9th November

8:15 am breakfast 9:10am departure

9:30 am-10:30 am Warm up + Condition 2

1. pitchers group - jumping drills + core (Joe)

**2. hitters group - running drills + medicine balls 1
(Ondra)**

lunch meal money

1:30pm departure to the field
2pm warm up
2:30pm fundamental 1-3 defence
2:45pm BP
4pm pregame
4:30 pm game 7 inn - pitch count 25 pp
*7 pm dinner, **pitchers meeting***

Friday 10th November

8am breakfast 8:40am departure
9am-10am Warm up + Condition 3
1. pitchers group - running drills + medicine balls 2
2. hitters groups - jumping drills + core
Practice 10 – 11:30 am
15min. - throw
30min. C, OF – cage, IF – field, P - right field
30min. IF – cage, C – field, OF – outfield
15 min – individual, cool down
lunch meal money
6:30pm dinner, players meeting, welcome rookies

Saturday 11th November

8:00 am breakfast 8:40am departure
9am-10am Warm up + Condition 4
3. pitchers group - jumping drills + core
4. hitters group - running drills + medicine balls 3
lunch meal money
1pm departure to the field
1:30pm warm up
2:00pm fundamental bunt defence
2:15pm BP
3:30pm pregame
4pm game 9 inn Marlins - pitch count 25 pp
7:30 pm dinner

Sunday 12th November

8:00am breakfast

10:30am departure to the field

11:00am Warm up + Condition 5

1. pitchers group - running drills + medicine balls 3

2. hitters groups - jumping drills + core

12:00pm BP

lunch on field

1:40pm optional defence

2pm game 9 inn Marlins - pitch count 25 pp

6:30 pm dinner

Monday 13. November

9 am breakfast *last meeting*

lunch meal money

Day off

Departure around 2 pm