NOCA Baseball's COVID-19 Response Progrms: Week of March 13th - March 18th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Training Day	**Training Day**	**Video Day**	**Training Day**	**Game Day**	**Game Day**
					11:00am Indoor Game
4:00	*4:00*	**6:00pm**	*4:00*	*6:30pm Indoor Game*	
5:30	*5:30*	*Outfielders Defense*	*5:30*		
7:00	*7:00*	*Catchers Defense*	*7:00*		
		7:00pm			
		Infielders Defense			
		Pitcher's Bullpens			
		8:00pm			
		Live Batting Practice			

Training Days & Lessons

Training Days are also Lesson Days. Players can choose a Lesson Day and a Training Day, or just one.

Players that choose a Training Day will be provided a 90 Minute Time Slot. Lessons are Individually Scheduled.

Training Days provide players (3) Separate Areas to train. Cages, Field, Bullpen. Rotation every 30 Minutes.

Video Day Itinerary

There will be a Live Broadcasted Link for Parents and Scouts to watch each player. Your son will be asked to send you that link.

Outfielders & Catchers will go first at 6:00pm. Everybody else must remain in their cars in the parking lot until called in.

Infielders & Pitchers will enter the building next. Outfielders and Catchers go wait in their cars and wait to be called back in for Hitting.

Once all Defensive Videos are completed, we move into Live Batting Practice with Video & Hit Trax.

All Players will remain in their cars during Batting Practice. We will call (4) Players in at a time.

Live Broadcasted Indoor Games Itinerary

These are Pitcher vs Batter Games. No Defenders. Hit Trax and Radar Monitor displayed.

Games will be Live Broadcasted so Parents and College Recruiters can watch online. Your son will be asked to send you that Link.

(4) Pitchers and only (8) Total Players per "Team".

Players will stand on Specific Spaces that least 6 Feet apart as they
await At-Bats and Warm Up.

Pitchers face (4) Batters per 1/2 Inning. It means that all 8 Players get an At-Bat every 2 Innings.

Pitchers can throw s many "Innings" as they want and as time allows. Facing 12 to 20 Batters is easy.

Batters should get (6) to (10) At-Bats inside a Live Game