



# White River Baseball Practice Plan

2/27/2017

Time	Event	Jobs
4:30 / 6:00	Meeting – Small Gym	Two pop up nets by locker room wall
4:35 / 6:05	Run and Dynamic Stretch	Two tees by pop up nets
4:50 / 6:20	Hitting Standards Discussion	Two home plates by bleachers
4:55 / 6:25	Pitchers/Catchers Throw	Three buckets of baseballs by L-screens in cages
4:55 / 6:25	Cage Station 1	Soft white balls by pop up nets
5:10 / 6:40	Cage Station 2	
5:25 / 6:55	Cage Station 3	
5:45 / 7:15	Baserunning Times	

<p><b>Dynamic Stretching Exercises</b></p> <ol style="list-style-type: none"> <li>1. Jog down and back x4</li> <li>2. Butt kickers down back half court</li> <li>3. High knees down back half court</li> <li>4. Walking kick - alternate down/jog back</li> <li>5. Walking knee hug – alternate as above – jog back</li> <li>6. Walking two-hand toe-touch leg up</li> <li>7. Side slide groin stretch, jog back</li> <li>8. Hurdler walk and the reverse back</li> <li>9. Lunge w/pulsing twist, jog back</li> <li>10. Heel walk forward and backwards</li> </ol>	<p style="text-align: center;"><b>Hitting Stations</b></p> <ol style="list-style-type: none"> <li>1. We are evaluating player’s consistency and accuracy in meeting the hitting standards discussed at the beginning of practice.</li> <li>2. We are looking for ability to receive instruction and to implement that instruction into the swing.</li> <li>3. Round progression in small cages is:               <ul style="list-style-type: none"> <li>• Hit ball to opposite field</li> <li>• Hit ball to pull side</li> <li>• Hit balls up the middle</li> </ul> </li> <li>4. Round progression in big cages is:               <ul style="list-style-type: none"> <li>• Bunt 3b/1b x2</li> <li>• Hit and Run</li> <li>• Hit balls in gaps</li> </ul> </li> </ol>	<p style="text-align: center;"><b>Pitching</b></p> <ol style="list-style-type: none"> <li>1. First and foremost we are looking for guys who can throw strikes.</li> <li>2. If your arm is not in shape, please tell us.</li> <li>3. We are looking for mechanical consistency, and ease of movement.</li> </ol> <p style="text-align: center;"><b>Catching</b></p> <ol style="list-style-type: none"> <li>1. We want our catchers to receive the baseball well and to keep the ball in front of them at all times.</li> <li>2. Throwing runners out is secondary in importance to the above. We will be looking at how you move behind the plate.</li> </ol> <p style="text-align: center;"><b>Baserunning</b></p> <ol style="list-style-type: none"> <li>1. We are timing your speed in 90 feet bursts.</li> <li>2. Looking for ability to read a pitcher.</li> <li>3. We will be aggressive on the bases this year and are looking for guys who understand how to take advantage of slow opposition pitcher/catcher combos.</li> </ol>
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