



White River Baseball Practice Plan

2/28/2017

Time	Event	Jobs						
2:30 / 4:00	Meeting – Small Gym	Lots and lots of baseballs						
2:35 / 4:05	Run and Dynamic Stretch							
2:45 / 4:15	Pick Prog., Bare, Glove, Stand Back							
3:05 / 4:35	Square Flip + Competition							
3:05 / 4:35	Pitchers/Catchers Bullpen							
3:20 / 4:50	Three Line Ground Balls + Throw							
3:45 / 5:15	Live pickoffs with runners – 3 lines							
4:00 / 5:30	Practice Over							
<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 33%;">Dynamic Stretching Exercises</th> <th style="width: 33%;">Defensive Movements</th> <th style="width: 33%;">Pitching</th> </tr> </thead> <tbody> <tr> <td style="vertical-align: top;"> <ol style="list-style-type: none"> 1. Jog down and back x4 2. Butt kickers down back half court 3. High knees down back half court 4. Walking kick - alternate down/jog back 5. Walking knee hug – alternate as above – jog back 6. Walking two-hand toe-touch leg up 7. Side slide groin stretch, jog back 8. Hurdler walk and the reverse back 9. Lunge w/pulsing twist, jog back 10. Heel walk forward and backwards </td> <td style="vertical-align: top;"> <ol style="list-style-type: none"> 1. We are evaluating your ability to move dynamically with balance and correct posture in the infield. 2. The ability to play more than one position is important and makes you a versatile player. We understand your primary position may not be infield, but again, we are looking at your movements as an athlete. </td> <td style="vertical-align: top;"> <ol style="list-style-type: none"> 1. First and foremost we are looking for guys who can throw strikes. 2. If your arm is not in shape, please tell us. 3. We are looking for mechanical consistency, and ease of movement. <p style="text-align: center;">Catching</p> <ol style="list-style-type: none"> 1. We want our catchers to receive the baseball well and to keep the ball in front of them at all times. 2. Throwing runners out is secondary in importance to the above. We will be looking at how you move behind the plate. </td> </tr> </tbody> </table>			Dynamic Stretching Exercises	Defensive Movements	Pitching	<ol style="list-style-type: none"> 1. Jog down and back x4 2. Butt kickers down back half court 3. High knees down back half court 4. Walking kick - alternate down/jog back 5. Walking knee hug – alternate as above – jog back 6. Walking two-hand toe-touch leg up 7. Side slide groin stretch, jog back 8. Hurdler walk and the reverse back 9. Lunge w/pulsing twist, jog back 10. Heel walk forward and backwards 	<ol style="list-style-type: none"> 1. We are evaluating your ability to move dynamically with balance and correct posture in the infield. 2. The ability to play more than one position is important and makes you a versatile player. We understand your primary position may not be infield, but again, we are looking at your movements as an athlete. 	<ol style="list-style-type: none"> 1. First and foremost we are looking for guys who can throw strikes. 2. If your arm is not in shape, please tell us. 3. We are looking for mechanical consistency, and ease of movement. <p style="text-align: center;">Catching</p> <ol style="list-style-type: none"> 1. We want our catchers to receive the baseball well and to keep the ball in front of them at all times. 2. Throwing runners out is secondary in importance to the above. We will be looking at how you move behind the plate.
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