



White River Baseball Practice Plan

3/1/2017

| Time | Event | Jobs |
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| 2:30 / 4:00 | Meeting – Small Gym | Two pop up nets by locker room wall, one pop up net by short cage/bleachers |
| 2:35 / 4:05 | Run and Dynamic Stretch | Three tees by pop up nets |
| 2:45 / 4:15 | Hitting Rotations – Lower Half Work Today | Two home plates by bleachers, center of court |
| 2:45 / 4:15 | Pitchers/Catchers Throw | Three buckets of baseballs by L-screens in cages |
| 3:30 / 5:00 | 90 ft. Sprint Times | Whiffle or White Balls by Tees |
| 3:30 / 5:00 | Catcher Block and Throw | |
| 3:50 / 5:20 | A Little Resistance Conditioning | |

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| <p>Dynamic Stretching Exercises</p> <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 two-hand toe-touch leg up 6. Side slide groin stretch, jog back 7. Walking knee hug – alternate as above and move into inside lunge 8. Lunge w/pulsing twist, jog back 9. Hurdler walk and the reverse back 10. Rotational Leg Swings <p>On the Shelf –</p> <ul style="list-style-type: none"> • Heel walks | <p style="text-align: center;">Hitting Stations</p> <ol style="list-style-type: none"> 1. We are working today on implementing instruction having to do with lower half hitting mechanics, specifically, the first two hitting standards. | <p style="text-align: center;">Pitching</p> <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. We are looking to see how well you keep the ball in front of you on blocking drills. 3. We're looking for strong arms to second baseball with an accurate throw. <p style="text-align: center;">Baserunning</p> <ol style="list-style-type: none"> 1. We are timing your speed in 90 feet bursts. |
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