



White River Baseball Practice Plan

3/13/2017

Time	Event	Jobs
3:30	JV/V begin big gym stretch and throw	Cages pulled, screens up, tees up, balls set out
3:50	JV big gym, infield/outfield work	Throw downs and bucket of balls to big gym
3:50	Varsity small gym, offensive drills	
4:30	Varsity big gym bullpens, infield/outfield drills	
4:30	JV small gym, offensive drills	
5:00	Practice Done – JV gear handout in my room	

<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>Pitchers Pens:</p> <ol style="list-style-type: none"> 1. Remember, we're working on location. I can't use you if you're a 50% strike guy. Get yourself to 60%+. If you have to cut velo right now to find your spots, do it. 	
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