



# White River Baseball Practice Plan

3/3/2017

<b>Time</b>	<b>Event</b>	<b>Jobs</b>
<b>2:30</b>	Varsity Meeting – My Classroom – Hitting Clips	Two pop up nets by locker room wall, one pop up net by short cage/bleachers
<b>2:30</b>	JV/C Run and Dynamic Stretch in Small Gym	Three tees by pop up nets
<b>2:45</b>	JV C Bullpens + Hitting Rotations	Two home plates by bleachers, center of court
<b>3:15</b>	Rotate to Big Gym for Infield Work/Bullpens	Three buckets of baseballs by L-screens in cages
<b>3:15</b>	Varsity joins and C-Team done unless can get outside	Whiffle or White Balls by Tees
	Catcher Block and Throw	
<b>5:00-5:15</b>	Practice Complete	
	<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 two-hand toe-touch leg up</li> <li>6. Side slide groin stretch, jog back</li> <li>7. Walking knee hug – alternate as above and move into inside lunge</li> <li>8. Lunge w/pulsing twist, jog back</li> <li>9. Hurdler walk and the reverse back</li> <li>10. Rotational Leg Swings</li> </ol> <p>On the Shelf –</p> <ul style="list-style-type: none"> <li>• Heel walks</li> </ul>	<p style="text-align: center;"><b>Pitching</b></p> <ol style="list-style-type: none"> <li>1. 20-30 Pitch Pens</li> </ol>