



White River Baseball Practice Plan

3/6/2017

Time	Event	Jobs
6:00	JV/V meet in big gym to stretch	Cages pulled, screens up, tees up, balls set out
6:15	Varsity big gym full infield situations	Throw downs and bucket of balls to big gym
6:15	JV small gym hitting work	
6:50	Varsity small gym hitting work	
6:50	JV big gym full infield situations	
7:25	Some movement exercises	

Dynamic Stretching Exercises

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

On the Shelf –

- Heel walks