



White River Baseball Practice Plan

3/7/2017

Time	Event	Jobs
5:00 – 6:15	C-Team Big Gym to begin	Cages pulled, screens up, tees up, balls set out
6:00	JV/V Stretch big gym	Throw downs and bucket of balls to big gym
6:10	JV small gym hitting work and bullpens	
6:10	Varsity big gym 1/3 defense, bunt coverage, picks, infield work	
6:50	JV big gym 1/3 defense, bunt coverage, picks, infield work	
6:50	Varsity big gym 1/3 defense, bunt coverage, picks, infield work. Outfield drills and base running	
7:30	Late hitting (optional w/Barnett)	
8:00	Wrap up	

<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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