



White River Baseball Practice Plan

3/8/2017

Time	Event	Jobs
6:00	JV/V Stretch big gym	
6:10	JV small gym hitting work and bullpens	
6:10	Varsity big gym infield/outfield work, groundballs.	
6:50	JV big gym 1/3 defense, bunt coverage, picks, infield work	
6:50	Varsity small gym hitting competitions	
7:30ish	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 		