

Practice Plan – Wednesday, 8/23/17 (Odd Da- Late Start)

Reminders

- Late Start Today
- 1st Home Football Game Friday Night
- Monday Varsity Hitters @ Easton HQ- Depart 2:45pm
- Tuesday Back-to-School Night
- No Baseball Saturday and Sunday



Varsity	JV	Freshmen
1:20-1:30 • All players field setup	1:20-1:30 • All players field setup	1-1:40 • Cages
1:30-1:45 • stretch, movement	1:30-1:45 • stretch, movement	1:40-2:10 • Stretch, throw
1:45-2:45 • BP	1:45-2:45 • BP	2:10-2:40 • defense
2:45-2:55 • Field cleanup	2:45-2:55 • Field cleanup	2:40-3:00 • Leads/breaks, team workout
3:00-4:00 • lift	3:00-4:00 • lift	

Today's movement: 3 rounds:

- Side Shuffle with Overhead Reach (15 yards/side)
- High Knee Skip (15 yards)
- Lateral High Knee Skip (15 yards/side)
- Carioca (15 yards/side)
- Backpedal (15 yards/side)
- Sprint-Backpedal- Sprint (10 yards each)
- Carioca to Sprint (10 yards each/side)

Roster for Hitters on Monday at Easton HQ (Varsity POs are Optional)- Balingit, Bumgarner, Burge, Callahan, Callan, Chambers, Clarke, Farr, Freeman, Gellatly, Harrison, Monheim, Nicol, N Perez, R Perez, Stefanos, and Tucker We will depart WR at 2:45pm. Players may not drive to this event. Please find rides from parents.