

Practice Plan – Thursday, 9/21/17 (Odd Day)

Reminders

- Rawlings Bat demo Today
- Batting Cage Net Install Tonight 6:30pm
- Friday No Freshmen Baseball Practice
- Saturday- JV @ WR 9:30am, Fresh @ WR 11:45am



Saturday JV Roster- Cogan, Brooks, Burns, Callan, Costello- P, Harrison- P, Ilan- P, Kuper- P, Lagana, Montalban, Schultz- P, Stadt, St. Amand- P, Striplin, Tucker, and Yosfan- P

Saturday Freshmen Roster- Aitken- BP, Bauman- P, Cho- P, Deems- BP, Farber- BP, Hepp, Hinrichs, Huff- P, Ilan- P, Lang- P, Maloney- P, Morrison- P, Nogosek- BP, Sawyer, and Topping

Varsity	JV	Freshmen
1-1:10 • pitchers begin stretch, field setup 1:10-1:45 • stretch, movement, bands, throw 1:45-1:55 • Bat demo presentation 1:55-2:45 • BP 2:45-3:00 • field cleanup, pitcher conditioning 3:00-4:00 • lift	1-1:10 • pitchers begin stretch, field setup 1:10-1:45 • stretch, movement, bands, throw 1:45-1:55 • Bat demo presentation 1:55-2:45 • BP 2:45-3:00 • field cleanup, pitcher conditioning 3:00-4:00 • lift	1-1:10 • bat demo presentation 1:10-1:40 • cages 1:40-2:10 • stretch, throw 2:10-2:40 • defense 2:40-3:00 • leads/breaks • team workout

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)**