

## Practice Plan – Tuesday , 10/17/17 (Odd Day)

### Reminders

- Player Gear Sizing Today @ Lunch Room 513
- Discounted Bat Order Link On Our Website
- Weight Room Tuesday and Thursday
- Varsity @ Burbank Tonight, 6pm
- Parent Meeting Tomorrow Night, 7pm Rm 513
- Wednesday Late Start Tomorrow
- JV Game Thursday Night @ Burbank- 6pm
- Friday Mr. Alvarez Guest Speaker for JV & Varsity 1pm Rm 513



**Tonight Varsity @ Burbank-** Balingit, Bumgarner, Burge, Callahan, Chambers, Farr, Fisher, Freeman, Gellatly, Harrison- P, Monheim, Nicol, N Perez- P, R Perez, Snavley- P, and Stefanos

**Thursday JV @ Burbank-** Brooks, Burns, Callan, Costello- P, Huff, Ilan- P, Kuper- P, Lagana, Montalban, Schultz, Stadt, St. Amand, Topping, Tucker- P if Needed, and Yosfan

Varsity	JV	Freshmen
12:15- Gear Sizing	12:30- Gear Sizing	12:45- Gear Sizing
1-1:10	1-1:10	1-1:40
<ul style="list-style-type: none"> <li>• ALL stretch only</li> </ul>	<ul style="list-style-type: none"> <li>• pitchers begin stretch, field setup (includes players not attending tonight's game)</li> </ul>	<ul style="list-style-type: none"> <li>• stretch, movement, bands, throw</li> </ul>
1:10-1:30		1:40-2:10
<ul style="list-style-type: none"> <li>• GB/FB (no throw)</li> </ul>		<ul style="list-style-type: none"> <li>• team defense</li> </ul>
1:30-2:00	1:10-1:40	2:10-2:45
<ul style="list-style-type: none"> <li>• Cages</li> </ul>	<ul style="list-style-type: none"> <li>• stretch, movement, bands, throw</li> </ul>	<ul style="list-style-type: none"> <li>• base running (1<sup>st</sup>-3<sup>rd</sup>, 2B leads/breaks, scoring from 2B)</li> </ul>
2-2:30	1:40-2:10	
<ul style="list-style-type: none"> <li>• Team meeting</li> </ul>	<ul style="list-style-type: none"> <li>• team defense</li> </ul>	
4:45	2:10-2:45	2:45-3:00
<ul style="list-style-type: none"> <li>• Arrive @ Burbank HS</li> </ul>	<ul style="list-style-type: none"> <li>• cages</li> </ul>	<ul style="list-style-type: none"> <li>• field cleanup</li> </ul>
5:00	2:45-2:55	
<ul style="list-style-type: none"> <li>• Begin stretch</li> </ul>	<ul style="list-style-type: none"> <li>• field cleanup</li> </ul>	<ul style="list-style-type: none"> <li>• team workout</li> </ul>
6:00	3:00-4:00	
<ul style="list-style-type: none"> <li>• Game time</li> </ul>	<ul style="list-style-type: none"> <li>• lift</li> </ul>	

### 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)**