

PRACTICE PLAN

4:00-4:15 Warm up

- 1 Lap
- Dynamic Stretching
- Dynamic running

4:15-5:20 Throwing Warm-up

- Throwing & Catching [work on technique]
- Infield grounders [work on technique & approach]
- Outfield Fly balls [work on getting under ball & secure w/two hands]
- Rolled Routine grounders w/ fly balls

5:20-5:30 Ending Practice

- Clean Up Equipment
- Jackets on
- Put Away Personal Gear
- Team Meeting

Daily Dynamic Stretch:

- -Lunges w/twist
- -Side Lunges
- -Walking Quad Pulls
- -Frankenstiens
- -Double Heel Scoops
- -Knee Hugs
- Arm Circles [small to big forward] switch [small to big backwards]
- Arm Crossovers [switch halfway]
- Behind the head [switch halfway]
- Love yourself [switch to Dead Arms half]
- Forearm stretch [switch arm halfway]
- Ankle rotation [switch halfway]

Daily Dynamic Running x2

- -Butt Kicks
- -High Knee's
- -Hip Rotation [in]
- -Hip Rotation [out]
- -High Knee Crossover
- -Lateral Shuffles
- -Falling Starts

Daily Throwing Warm-up

- [one knee] Spin's
- [one knee] Infield throwing
- [one knee] Outfield throwing
- Step & Throw
- Shuffle & Throw
- x2 Shuffle & Throw
- Crow Hoop & Throw

- -straight steal

DYNAMIC STRETCH

1. DOUBLE HEEL SCOOPS & BIG ARM CIRCLES FORWARD
2. BIG ARM CIRCLES BACKWARD & QUAD PULLS
3. FRANKINSTIENERS & LOVE YOURSELF
4. ARMS BEHIND THE HEAD & SWITCH TO OPPOSITE SIDE
5. SIDE TO SIDE LUNGE & FORWARD LUNGE W/TWIST
6. ACROSS THE CHEST ARM STRETCH & SWITCH TO OPPOSITE
7. KNEE HUGS & ANKLE ROTATION

RUNNING DYNAMICS X2

8. BUTT KICKS
9. HIGH KNEES
10. HIP ROTATION [IN] X1
11. HIP ROTATION [OUT] X1
12. KERIOKI'S
13. KERIOKI'S W/HIGH KNEE
14. SIDE SHUFFLES
15. FALLING STARTS
16. STRAIGHT STEAL