



Baseball Practice Plan

March 20, 2008

Time: Varsity – 3:15 pm
JV – 2:40 pm

Location: Field *In the GYM if the weather turns bad, so listen to announcements.*

Varsity Plan:

- 3:15 – Warm-up Routine.
(no throwing)
- 3:20 – Hitting Drills in Cages.
- 3:38 – Warm-up Throwing.
- 3:45 – Infield/Outfield Warm-up
- 4:00 – Pick-offs and
Throwdowns.
- 4:20 – Bunt Coverage.
- 4:40 – Hitting.
- 5:15 – Conditioning & Field
Clean up.

JV Plan:

- 2:40 – Warm-up Routine.
- 3:00 – Coach Webb will have the
practice plan.
- 4:30 – Conditioning.

Additional Information:

- PRACTICE LIKE YOU PLAY! We need to be focused and practice hard to prepare for Bremerton tomorrow. Focus on making zero mistakes and taking advantage of their mistakes for tomorrow's game. Work on your weaknesses and improve on your strengths.
- Bus leaves tomorrow at 1:45 pm, you will be dismissed from class at 1:30 pm.