

# OWATONNA HUSKIES - BASEBALL



**DATE OF PRACTICE PLAN:**

**Today's Quote:**

**Team Announcements:**

**Player Announcements:**

K  
A  
I  
Z  
E  
N

<b>1 - Dynamic Stretch</b>		10 Minutes
A - Flexibility & Strengthen Core B - Maintain Speed and Agility		
<b>2 - Long Toss</b>		20 Minutes
A - Long Toss Program B - Owatonna Baseball Throwing Program		
<b>3 - Defensive Stations and Drillwork</b>		30 Minutes
A -		
B -		
C -		
<b>4 - Offensive Stations and Drillwork</b>		50 Minutes
A -		
B -		
C -		
<b>5 - Pitching Stations and Drillwork</b>		Completed During Offense
A -		
B -		
C -		
<b>6 - Baserunning / Other</b>		15 Minutes
A -		
B -		
C -		
<b>PROGRAM CORNERSTONES - COMPLETED DAILY</b>		
<b>1 - Infield</b>		Completed Above
A - Sequence 1 & 2		
B - GB's		
<b>2 - Outfield</b>		Completed Above
A - Relays		
B - Drop Steps and Cross Over Steps		
<b>3 - Hitting</b>		Completed Above
A - Soft Toss and Short Toss		
B - Tee Work		
<b>4 - Pitching</b>		Completed Above
A - Spots and Light Bullpens		
B - Conditioning		
C - PFP's and Picks (Optional)		