

# Piedmont Wildcat Baseball

## Practice Schedule



<b>Date:</b>	2/3/23
<b>Meet:</b>	Big Locker Room
<b>Dress:</b>	Pants, sleeves, gloves, bats, catcher's gear
2:15-2:25	<b>Stretching Program</b>
2:25-2:40	<b>Base Running Routine #2</b> early break, steal, delay steal, stealing 3B, suicide squeeze
2:45-2:55	<b>Bands</b> *1 arm routine (int. rot, ex. rot., elevated int. rot., elevated ext. rot., throwing motion, reverse throwing motion)
2:55-3:10	<b>Throwing Program</b> *1 knee 2 part, 1 knee 1 part, rock back, step thru, game sit., long toss, pull down, flat ground, quick catch
3:15-4:00	<b>Indy Defense</b> C = Coach Lopez P = Coach Stephens IF = Coach Skow, Coach Mig! OF = Coach Brown, Coach Moss
4:10-5:30	<b>Group #1 = Hit on Field, Group #2 = Hit in Indoor</b> outdoor hitting = Wildcat BP (dead, dead, live), see attached sheet indoor stations: Live (slash), Live (Hit and Run), Live (move runner to 3rd with < 2 Outs), Live (Score runner with < 2 Outs), Bunts (Master 5), Away Tee, Inside Tee, Middle Tee, Soft Toss
	Group #1 = Aller, Boesch, Califano, Christenson, Coleman, Drechsler, Elliott, Elmhorst, Co. Girard, Goff, Hampton, Harriger, Hayes, Lo. Hill, B. Johnson, Koop, Lindley, Ma, Proctor, C. Pruitt, N. Smith, R. Smith, Thomas Group #2 = Bilyeu, Boice, Burns, Cameron, Crawford, Dougherty, Elsen, Ca. Girard, Quinn, Hardy, Heath, Henley, Isennock, K. Johnson, Logan, MacKinnon, May, McHenry, Minard, Myatt, Z. Pruitt, Tabor, Teel, Tully, Weston, Wiebusch, Zerger
During Practice	<b>Bullpens</b> P = Coleman, Girard, Lo. Hill, Ma, Pruitt?, Hampton, Proctor, Boesch, Elmhorst, B. Johnson, Tully, Wiebusch, Hardy, Burns, Girard, Weston C = Christenson, R. Smith, Cameron, Elsen
After Practice	<b>Comments:</b> MULCH PARTY AT PARK 9-11AM TOMORROW!!!

**GREATNESS REQUIRES WHAT ORDINARY WOULD NEVER DO.**