

12U-14U IN SEASON - Jaeger Band Weekly Schedules

***** Standard Stagnant Stretching Warm-Up Should Be Complete BEFORE Jaeger Band Routine*****

Monday:

Practice Day: Exercises #1, #2, #4, #5, #6 & #7 - 1 Set of 20 Repetitions.

Non-Practice/Game Day: Exercises #2, #3, #4, #5, #6 & #7 – 2 Sets of 15 Repetitions.

Game Day: Exercises #2, #3, #4, #5, #6, & #7 - 1 Set of 15 Repetitions.

Post Pitching (Recovery) Day: Exercises #1, #3, #4, #5 & #8 – 2 Sets of 15 Repetitions. 15

Minute Jog or 12 Polls.

Tuesday:

Practice Day: Exercises #1, #2, #3, #6 & #7 - 1 Set of 20 Repetitions.

Non-Practice/Game Day: Exercises #2, #3, #4, #5, #6 & #7 – 2 Sets of 15 Repetitions.

Game Day: Exercises #2, #3, #4, #5, #6, & #7 - 1 Set of 15 Repetitions.

Post Pitching (Recovery) Day: Exercises #1, #2, #3, #6 & #7 - 2 Sets of 15 Repetitions. 12 Polls

or 15 60-Yard Sprints.

Wednesday:

Practice Day: Exercises #1, #2, #4, #5, #6 & #7 - 1 Set of 20 Repetitions.

Non-Practice/Game Day: Exercises #2, #3, #4, #5, #6 & #7 – 2 Sets of 15 Repetitions.

Game Day: Exercises #2, #3, #4, #5, #6, & #7 - 1 Set of 15 Repetitions.

Post Pitching (Recovery) Day: Exercises #1, #2, #3, #6 & #7 - 2 Sets of 15 Repetitions. 12 Polls

or 15 60-Yard Sprints.

Thursday:

Practice Day: Exercises #1, #2, #3, #6 & #7 - 1 Set of 20 Repetitions.

Non-Practice/Game Day: Exercises #2, #3, #4, #5, #6 & #7 – 2 Sets of 15 Repetitions.

Game Day: Exercises #2, #3, #4, #5, #6, & #7 - 1 Set of 15 Repetitions.

Post Pitching (Recovery) Day: Exercises #1, #2, #3, #4 & #5 – 2 Sets of 15 Repetitions. 15

Minute Jog or 12 Polls.

Friday:

Practice Day: Exercises #1, #2, #3, #6 & #7 - 1 Set of 20 Repetitions.

Non-Practice/Game Day: Exercises #2, #3, #4, #5, #6 & #7 – 2 Sets of 15 Repetitions.

Game Day: Exercises #2, #3, #4, #5, #6, & #7 - 1 Set of 15 Repetitions.

Post Pitching (Recovery) Day: Exercises #1, #3, #6, #7 & #9 – 2 Sets of 15 Repetitions. 15

Minute Jog or 12 Polls.

Saturday:

Practice Day: Exercises #1, #2, #3, #4, #5, #6, #7, #8 & #9 – 1 Set of 10 Repetitions.

Non-Practice/Game Day: Exercises #2, #3, #4, #5, #6 & #7 – 2 Sets of 15 Repetitions.

Game Day: Exercises #2, #3, #4, #5, #6, & #7 - 1 Set of 15 Repetitions.

Post Pitching (Recovery) Day: Exercises #1, #3, #4, #5 & #8 – 2 Sets of 15 Repetitions. 15

Minute Jog or 12 Polls.

Sunday:

Practice Day: Exercises #1, #2, #3, #4, #5, #6, #7, #8 & #9 – 1 Set of 10 Repetitions.

Non-Practice/Game Day: Exercises #2, #3, #4, #5, #6 & #7 – 2 Sets of 15 Repetitions.

Game Day: Exercises #2, #3, #4, #5, #6, & #7 - 1 Set of 15 Repetitions.

Post Pitching (Recovery) Day: Exercises #1, #3, #4, #5 & #8 – 2 Sets of 15 Repetitions. 15

Minute Jog or 12 Polls.