

8U-11U Jaeger Band Weekly Schedules

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

Monday:

Practice Day: Exercises #1, #2, #3 & #4 – 1 Set of 10 Repetitions.

Non-Practice/Game Day: Exercises #2, #3, #4, #5 & #6 – 2 Sets of 10 Repetitions.

Game Day: Exercises #3, #4, #5 & #6 – 1 Set of 10 Repetitions.

Post Pitching (Recovery) Day: Exercises #1, #2, #3 & #4 – 1 Set of 15 Repetitions. 8 Polls or 12 30-Yard Sprints.

Tuesday:

Practice Day: Exercises #1, #2, #5 & #6 – 1 Set of 10 Repetitions.

Non-Practice/Game Day: Exercises #2, #3, #4, #5 & #6 – 2 Sets of 10 Repetitions.

Game Day: Exercises #3, #4, #5 & #6 – 1 Set of 10 Repetitions.

Post Pitching (Recovery) Day: Exercises #1, #2, #3 & #4 – 1 Set of 15 Repetitions. 8 Jog/Sprints or 4 Laps Around Field.

Wednesday:

Practice Day: Exercises #1, #2, #3 & #4 – 1 Set of 10 Repetitions.

Non-Practice/Game Day: Exercises #2, #3, #4, #5 & #6 – 2 Sets of 10 Repetitions.

Game Day: Exercises #3, #4, #5 & #6 – 1 Set of 10 Repetitions.

Post Pitching (Recovery) Day: Exercises #1, #2, #5 & #6 – 1 Set of 10 Repetitions. 10 Minute Jog or 8 Polls.

Thursday:

Practice Day: Exercises #1, #2, #5 & #6 – 1 Set of 10 Repetitions.

Non-Practice/Game Day: Exercises #2, #3, #4, #5 & #6 – 2 Sets of 10 Repetitions.

Game Day: Exercises #3, #4, #5 & #6 – 1 Set of 10 Repetitions.

Post Pitching (Recovery) Day: Exercises #1, #2, #3 & #4 – 1 Set of 15 Repetitions. 8 Jog/Sprints or 4 Laps Around Field.

Friday:

Practice Day: Exercises #1, #2, #3 & #4 – 1 Set of 10 Repetitions.

Non-Practice/Game Day: Exercises #2, #3, #4, #5 & #6 – 2 Sets of 10 Repetitions.

Game Day: Exercises #3, #4, #5 & #6 – 1 Set of 10 Repetitions.

Post Pitching (Recovery) Day: Exercises #1, #2, #5 & #6 – 1 Set of 10 Repetitions. 10 Minute Jog or 8 Polls.

Saturday:

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

Non-Practice/Game Day: Exercises #2, #3, #4, #5 & #6 – 2 Sets of 10 Repetitions.

Game Day: Exercises #3, #4, #5 & #6 – 1 Set of 10 Repetitions.

Post Pitching (Recovery) Day: Exercises #1, #2, #3 & #4 – 1 Set of 15 Repetitions. 8 Polls or 12 30-Yard Sprints.

Sunday:

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

Non-Practice/Game Day: Exercises #2, #3, #4, #5 & #6 – 2 Sets of 10 Repetitions.

Game Day: Exercises #3, #4, #5 & #6 – 1 Set of 10 Repetitions.

Post Pitching (Recovery) Day: Exercises #1, #2, #3 & #4 – 1 Set of 15 Repetitions. 8 Polls or 12 30-Yard Sprints.