

Pre-Game Routine

(takes 45-minutes to an hour before game time)

Coaches/Team Field manager need to arrive early to prep the field (if home game) – players can be taught to help/take turns arriving early to chalk field, etc.!

1. Baseball specific Agilities/Combos (see sheet) – modify as needed; don't have to do all of them – pick some that you like
2. Base-stealing (coach as pitcher or read the runner in front of them – like dominos)
3. Throwing Mechanics – same routine every time – throw long toss, hot potato and V-tags! If pitcher threw the day before, he should jog and short toss during this routine!
4. Soft toss Smush or Whiffle Balls – never hit hard balls against chain link fences . . . or use batting cage if available – younger kids age 10/11U could hit in OF area – but still have a soft toss station
5. IF/OF fungos or pre-game grounders fly balls (starting pitcher warms up during this time – see sheet/may modify-shorten it)

After the game, clean up dugout and field as necessary (see sheet) – players **MUST** be taught/expected to help!