



Pre-game Warm-up (60 Min.)

- 10 minutes: Jog, stretch, sprint series
 - Light jog around the perimeter of the outfield
 - 3 upper body stretches and 3 lower body stretches
 - 3 wind sprints at 60 feet
- 10 minutes: Partner throw
- 20 minutes: Batting practice
 - Pitchers and catchers go first, then get pitchers throwing and warmed up
 - Tee work - each player gets 5-7 swings off the tee, front toss or side toss; each player receives 5-7 swings of "toss"
- 10 minutes: Infield / outfield
 - Infield - ground balls on the sideline; each player receives 2 ground balls x 4 rotations
 - Outfield - fly balls in either right field or left field area; each player receives 2 fly balls, 1 line drive, 1 ground ball x 3 rotations
- 5 minutes: Drink break / players' meeting (players gather to review signs and game goals)
- 5 minutes: Final focus points with coaches

Pre-game Reminders

- Don't let your pitchers throw a "game" before the game—keep it light and focused
- Remember to review game day strategies vs. opponents
- Remember to review offensive signs
- Remember to assess playing field with players as each field is different—backstops, fencing, foul poles, etc.

Bench Player Roles

- Remind players that everyone has a role on the team
- Constant communication with players and coach is key to keeping a positive atmosphere on the bench
- Give your bench direction and duties: Try to pick signs or pitches, or look for opponent weaknesses
- Bring lots of energy: This helps the team, especially in tight ball games
- Stay ready: Make sure bench players are staying loose, focused and ready to enter the game at all times