



## **Pregame Routine**

1. Gather along the foul line just outside the infield. Take a jog out to the center field fence, touch it, and return, spreading out along the foul line.
2. Dynamic warm up – all lower body exercises and sprints can be done at the distance between either 3<sup>rd</sup> or 1<sup>st</sup> (depending on your dugout) and 2<sup>nd</sup> base, and back to the foul line.
  - Straight march – walk forward, pulling one knee up to the chest with each step. Switch knees with each step.
  - Quad pull walk – walk forward, reaching one arm across to touch the toes on the opposite foot with each step. The leg on the same side as the reaching arm should raise up in the air to maintain balance.
  - Lunge walk – walk forward, completing a lunge with each step, collecting the balance in between each step. When lunging, the front leg should create a perfect 90° angle at the knee, and the back knee should just barely touch the ground before standing up.
  - Skips – skip down and back, seeking to get as high in to the air as possible.
  - Inside taps – walk forward with arms and hands hanging down at a 45° angle away from the hips. With each step, reach foot across the front of the body to tap the hand on the opposite side of the body with the inside of the foot.
  - Outside taps – walk forward with arms and hands hanging down at a 45° angle away from the hips. With each step, reach the foot to the outside of the body in order to tap the hand on the same side with the outside of the foot.
  - Carioca – face the same direction coming back as when going out. Focus on lifting high the leg that goes across the front of the body in order to place additional stress on the hip of that leg.
  - Series of three sprints – practice a quality lead off from an imaginary base at age appropriate levels. Sprint out, and jog back to the foul line. 50% speed on first sprint, 75% on second, 100% on third.
  - Arm circles
  - Trunk twists
  - 2 minutes of free stretching at player discretion
3. Pregelime batting practice as appropriate (can also be done before dynamic warmup if necessary due to tournament situations, etc.)
4. Pregelime throwing routine (see next page for progression)
5. Pregelime infield/ground balls on the side
6. Team meeting/head coach meet with umpires
7. First pitch

## **Throwing Progression**

1. Ball Flips – Make a shelf with your glove, flip ball back and forth with 4 seam grip
2. One knee catch – Play catch on one knee, focus on extending throwing arm away from ear and front side arm toward target; drive chest toward target and finish over front knee
3. Feet frozen catch – Play catch with feet frozen at hip-width apart; same focus as one knee catch
4. Simple step and throw catch – stride foot and glove arm work together towards target
5. Shuffle feet in to long catch