



Pre-Game Routine Checklist

Beyond the Mechanics

A strong game-day routine sets you up for success. Use this checklist to prepare mentally, physically, and emotionally before stepping on the field.

Nutrition & Hydration

- Balanced meal 2–3 hours before
- Sip water regularly
- Avoid heavy/sugary foods

Equipment Check

- Glove
- Bat
- Batting gloves
- Helmet
- Cleats
- Water
- Other (sunscreen, sunglasses, guards, tape, bands, pine tar, eye black)

Warm-Up (Physical)

- Dynamic stretches
- Mobility drills
- Swings (tee/soft toss/live) or Bullpen

Mental Prep

- 2 deep breaths
- Visualize/game plan first AB (what am I looking for?) or on the mound (what is my strategy to get hitters out?)
- Positive self-talk; stay focused on the goal; emphasize effort; learn from each experience

- Want to take your preparation further? Book a lesson or video analysis at www.thebaseballexp.com