



THE BASEBALL EXPERIENCE

PRE-GAME ROUTINE CHECKLIST

Prepare with intent. Compete with confidence.

PHYSICAL PREPARATION

Purpose: arrive loose, connected, and ready to compete — not rushed or fatigued.

Arrival & Readiness

Arrive 15–30 minutes early with enough time to move freely. Begin with light jogging or general movement for 2–3 minutes to elevate heart rate and wake the body up before asking it to perform.

Mobility & Activation

Use dynamic movement to expand range of motion and activate the muscles that produce speed. Focus on lateral movement (lateral lunges, shuffle steps), controlled hip rotation (step-and-rotate, open/close hips), smooth torso rotation (standing rotations, cross-body reaches), and dynamic shoulder movement (arm circles, hug-and-open, light band work if available). Add a couple of quick-twitch movements to prime your legs for explosive bursts when the game starts (short sprint, high-knees, butt-kicks). The body should feel loose, coordinated, and athletic — not fatigued.

Time guideline: 5–8 minutes total. Activation should wake the body up, not wear it down.

Throwing Progression

Begin with short, easy throws (30–45 feet) focusing on smooth rhythm and arm action. Gradually increase distance in small increments only after the arm feels loose. Finish with a small number of controlled, near game-speed throws. Avoid forcing velocity or testing limits. The arm should feel warm, responsive, and repeatable.

Typical timing: 2–3 minutes of easy throws, 3–5 minutes building distance, 1–2 minutes of firm, controlled throws.

Role-Specific Emphasis

Position players should prioritize athletic readiness and first-step quickness. Catchers should emphasize efficiency, mobility, and calm breathing. Pitchers should keep pre-game throwing controlled and save full intent for the mound.

MENTAL PREPARATION

Clarity before confidence. Confidence before performance.

Reset & Presence

Before the game begins, slow everything down. Take two to three controlled breaths — in through the nose, out through the mouth. Release the last play and the next outcome. Your only job is to be present for what is in front of you.

Set a Simple Intention

Choose one simple, controllable intention for the day. Not a result. Not a statistic. Examples include staying balanced, competing every pitch, trusting timing, or staying aggressive in good counts. One intention creates focus. Too many create noise.

Anchor Confidence

You do not need to feel perfect to perform well. Confidence does not come from today's warm-up. It comes from the work you have already put in. Trust your preparation and your ability to adjust.

Adopt an Adjustment Mindset

The game will challenge you. Timing may be off. Situations will change. That is not a problem — it is the game. Be willing to adjust and learn in real time. Adaptability beats perfection.

Regulate Emotion

Energy should be calm, alert, and controlled. You do not need hype to play fast, and you do not need anger to compete. Calm minds allow the body to move freely and recover quickly.

Choose a Mental Cue

Select one phrase you can return to when things speed up — such as “one pitch,” “stay present,” “trust the process,” or “compete.” This cue is your anchor.

Preparation shouldn't be guesswork.

Explore coaching, video analysis, and training programs at www.thebaseballexp.com

Train smart. Go beyond the mechanics.