

Pre-Game Playbook

1. Soft Tissue Work (w/ Foam Roll/ Lacrosse Ball/ Therapy Ball)

Goal: Get loose & target tight or problem areas

- Hamstrings & Quads
- Glutes & Groin
- Calves & Forearms
- Shoulders

2. Hip Mobility/T Spine

Goal: Increased Mobility for Game Time

- Fire Hydrants
- Hip Circle
- 90's
- Reach Thru's
- Clock Stretch

3. Dynamic Warm Up

| Dynamic Pt. 1 | Dynamic Pt. 2 |
|----------------------|--------------------|
| Knee Hugs | High Knees |
| Balance to toe touch | Butt Kickers |
| Lunge w/twist | Power Skips-height |
| Frankenstein | Carioca |

4. Arm Care

Method: Plyo Ball Care

- Reverse Throws
- Pivot Pick
- Roll Ins
- Walking Wind ups

5. J Bands

- Forward Fly to overhead reach
- Reverse fly to overhead reach
- Elevated Internal/External Rotations
- Tricep Extensions



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6. Body Blade

- Forward Shoulder Flexion
- Side Shoulder abduction
- Internal/external rotation (open-close)
- Forward & Reverse Throws (Standing)

7. Wrist Weights or 2 Baseballs in Hands

- Pronated Swings
- Cuban Press
- Arm Circles (Forward and Reverse)

8. Throwing Progression

Purpose: *What are you preparing for you - Each day needs to have a purpose behind - Don't just throw to throw*

Progression Example: *Wrist Flips, Separation Drill, Rockers, Balance to 1 hop, step behinds into pull downs*

9. Grip work - *Take time to master your offspeed*

10. Delivery Work - *Understand your mechanics & Kinetic Chain*

11. Visualize and breathing

- Visualize your sequence of pitches and hitting spots
- Visualize yourself getting batters out
- Visualize your goals and achieving them
- Be positive/positive self talk
- Take a few minutes to practice breathing - slow the game down

