



# Sluggers Pre-Game Checklist

- **Arrive at field 1 hour prior to game time (full uniform)- Unless instructed otherwise by coach**
- **Dynamic Power Warmup - 5 minutes**
  - 20 foot wakeup (20 feet up and back- 5 times for each movement)
    - Forward/backward run
    - Side Shuffle
    - Karaoke (big steps forward and back)
  - Knee/Hip Circles - 10 each side - [Video](#)
  - Over/Under the Fence - [Video](#)
  - Single Leg RDL Airplane - [Video](#)
  - Walking Lunge with Reach and Rotation - [Video](#) (add reach up to sky on lunge with back foot side)
  - Lateral Power Shuffles- [Video](#)
  - A-Skips - [Video](#)
  - Single Leg Diagonal Hops - [Video](#)
  - Power High Knee Jumps
  - Power Shuffles to Sprint
- **Pre-Throwing Shoulder Strengthening- 5 minutes**
  - **Resistance Band Movements**
    - Band Pull Aparts with Hands Straight Out- 10
    - Band Pull Downs with Hands Straight Up overhead - 10
    - Diagonals - 10 each side
    - Elbow at side pull apart- 40
  - **Towel Drills**
    - Shoulder Turn- 20
    - Power Position - [Rocker Holds](#) - 10
    - Quick Pivot Pick Off- 20
    - One Foot Throws- 10
    - [Hop-Stride-Throw](#) - 10
    - [Shuffle Throws](#) - 10
- **Throwing Program- 7 minutes**
  - Heavy Ball
    - Flips- 1 min
    - Shoulder Turn Drill - 1 min
    - Rocker Drill- 2 minutes (45 ft.)
  - Baseball/Softball
    - One foot Throws
    - Catch-Shuffle-Throw- 2 minutes (60-70ft)
      - Catch moving forward, Shuffle back, Shuffle forward, throw, follow throw
    - Positional Throws- 2 minutes (90-100ft)- mechanics from infield/outfield
    - Pitchers Flat Ground Bullpen- throw 10 pitches (all pitches) from wind up and stretch, 60% effort to your partner in a catching position.
- **Fielding (10 minutes)**
  - Short Hops- 10-10-10
    - Front- Forehand- Backhand
  - One Step Short Hops- 10 each side with partner
  - Drop Step Fly balls- 10 each
- **Hitting (10 minutes)**
  - **Hitting Warmup- 5 minutes**
  - Tee Routine- 20 swings either on tee or dry swings (Pick 3 drills, or follow below)
    - [Wide Stance Drill](#)- [Stride/Pause/Swing Drill](#)- [Shoulder Separation Drill](#))
  - Wiffle Ball Front Toss Bunts- 10
  - Wiffle Ball Side Toss Hitting- 10 swings
  - Hitting in Cage- Option if Available
- **Pitchers-**
  - Baseball - Pick Off Moves (3 minutes)
  - Softball - Drill Routine
- **Position Specific Routines**
- **Sprints-** Run 5 - 80 ft sprints
- **Visualization Drills**
  - Hitting- inside/outside/up/down/off speed
  - Defensive plays- all that may happen in game
  - Pitching- executing pitches
- **Make Eye Contact and acknowledge all teammates/coaches, telling them to have a good game.**
- **Play the game with more hustle, more communication, and more fun than the other team**