



## Examples of Pre Game Routine for Juniors

*Arrive 1 hour before start of game*

*(Equipment: Cleats ON! Glove, Bat, Batting Gloves, Drink Bottle, Hat, Sunscreen, Batting Helmet)*

- 0-5 mins                   - Greetings, Session Outline, General Information Sharing  
*(Equipment: Balls and gloves, Team Gear)*
- 5-10 mins                 - Active warm up, movement and catching drills  
-Daily Drills, partner rolling ball to each other (Ground Ball Game),  
straight x10, forhand x10, backhand x10  
-Catching/Running/Movement Drills, stretching  
*(Equipment: Balls and gloves)*
- 10 - 20 mins            - Throwing 40, 60, 90, 120+ (1-2 mins at each distance)  
-Light throwing to start, throwing to a target, catching two hands  
-Work on Throwing Technique  
-Move feet to receive ball  
-Use Body to throw, bend back leg and drive, follow through  
-Crowhop from 60 feet +  
*(Equipment: Balls and gloves - Get a Drink!)*
- 20-35 mins              - Hitting drills, live x 15 in cage or on field with a few fielders,  
(2 bunts, 3 opposite field, 3 middle, 3 pull, 4 hit away)  
-Drills on sides or in nets (Paired Toss, Tee Drills, Wiffle ball drills)  
-Work opposite field, middle, pull with different ball locations  
*(Equipment: Baseballs, Dimple balls, wiffle balls, Bats, batting  
gloves, batting helmets, marker cones)*
- 35-50 mins              - Fielding Drills. Infield / Outfield Routine  
-Set up game situations, eg runner at first "what do we do? Hit to all  
players have them play it out.  
-Change situation depending on where kids are at and what has or  
has not been working in the games  
*(Equipment: Balls, Bases, Fungo Bat and Gloves)*
- 50-60 mins              - Rest / Rehydrate and Prepare in Dugout ready for game to start  
*(Equipment: All Gear ready for game - Get a Drink!)*

**Note;** at 20 mins before game time the starting pitcher and a catcher should report to the bull pen to begin specific pitching warm up. Warm up until game ready and then rest / stay warm in dugout until game time.

*(Equipment: Glove, Game Ball, Full Catcher Gear and Face Mask)*