

**Edina Baseball
Pre-Game Routine**

Braemar Games
(access to batting cages)

Time (prior to start time)	Activity	Notes
90 mins	Report time	Preview pre-game routine; break into groups and set-up cages
80 mins	Batting Practice <ul style="list-style-type: none"> • T work • Front Toss • BP 	Use as many stations as possible <ul style="list-style-type: none"> • 2 Ts in the middle; hit to ends of cage • 3 AWAY-3 IN-3 OUT • Round of 5 bunts; 10 cuts
60 mins	Warm-Ups <ul style="list-style-type: none"> • Jog/stretch • Hard out/hard back • Delayed steal • Steals 	Coaches need to lead and supervise <ul style="list-style-type: none"> • Jog to CF and back; basic stretches • From the foul line; 2 shuffles and back to the “base”—2 groups for baserunning • From the foul line; 2 shuffles and go • From the foul line; 10 hard strides
45 mins	Catch <ul style="list-style-type: none"> • OUT • IN 	Have balls and gloves ready to go <ul style="list-style-type: none"> • 10’-25’-40’-60’ (10 throws each distance) • 60’-40’-25’-quick catch (5 throws each)
30 mins	Infield/Outfield <ul style="list-style-type: none"> • OF-2x to 2B, 3B, home • IF-1x to home; 3x to 1B; 3x DPs; slow roller • P/C-bullpen 	3 coaches needed <ul style="list-style-type: none"> • Hit ground balls, stress hitting the cut-off man; move OF to left and right • Hit ground balls, moving IF to left, right, and in front; slow rollers need to be realistic—start from fielding position, not in on the grass • 15-20 pitches; time so he ends 5 mins before game starts
15 mins	Pre-game talk <ul style="list-style-type: none"> • Line-up • Game keys • Watch opposing team’s IF/OF 	All players need to be present, except starting pitcher and catcher (in bullpen)