

NAME: _____

Pen & Pre Game

	FB/CB/ SL/CH	GLV/MID/ ARM	WU/STR	Execution
1				
2				
3				
4				
5				
6				
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11				
12				
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37				
38				
39				
40				

How long does this take? _____ Minutes

Drill (Short Pen)

	FB/CB/ SL/CH	GLV/MID/ ARM	WU/STR	Execution
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12				
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15				
16				
17				
18				
19				
20				

How long does this take? _____ Minutes

Between Innings

	FB/CB/ SL/CH	GLV/MID/ ARM	WU/STR	Execution
1				
2				
3				
4				
5				
6				
7				
8				

How long does your pre-game long toss routine take?
_____ Minutes

How long does your pre-game stretch routine take?
_____ Minutes

Here's an example game day routine for a starter..

2:00 Game starts
1:55 Done with Pre-Game.
1:43 On mound since mound routine takes 12 minutes.
1:31 Starts Long Toss since his routine takes 12 minutes.
1:22 Starts stretch routine since his routine takes 9 minutes.

**Having a plan before you step on the field is very important.

It very important that we have a good routine and have a plan every time we step on the mound. We also need to know, down to the minute, how long our pre-game routine takes. How long is your stretch routine, how long is your long toss routine and how long is your pre-game mound routine.