**Warm Up before Game**

Follow the warm up before practice instructions before going to hitting.

**Hitting:** the warm-up should focus on *quality*, not quantity. Create a hitting circuit. Below are a few ideas of what to include in the circuit:

* **A bunting station**: No need for a coach here. Simply drop down a bucket of balls and a plate. Have two players partner up; one bunts and the other pitches.
* **Tee work**: Perhaps the most effective hitting tool. Set up a hitting net, a tee, and a bucket of balls, and let each player practice her swing and the pitches she needs to work on (outside, inside, high, low). This is another station where players can feed each other balls.
* **Soft toss**: Finally, incorporate timing into the swing motion. With coaches or players throwing whiffle balls or softballs, there should only be two or three batters at once. The rest of the team should be in the open field shagging balls.

**Pitchers & Catchers Hit First**

 The catchers — both starters and substitutes— need to be the first players to hit, because they need to be ready to warm up the pitchers without sacrificing their own warm-ups. Allow the catchers to take the first swings. After the catchers hit, all pitchers should start to warm up.

**Outfielders** should start by doing some drop-step drills.

* A coach stands 10 feet in front of the outfielder and points right or left.
* The player drop-steps to that side.
* After the drop-step, the coach tosses the ball over the outfielder's shoulder to let him work on catching on the run.
* Each outfielder should do four or five repetitions.
* Finally, the outfielders should take some fly balls and ground balls off a bat.

**Infielders** should line up and take ground balls

* Place the infielders approximately 10 feet apart.
* The players should work on flips, picks, short hops, long hops and other plays that could occur during a game.

**Pitchers and Catchers**

Your starting pitcher should throw with the starting catcher for the day. A coach should observe her warm-up, making certain the pitcher follows through and throws strikes.

 

