



PWYBA Pre-Practice and Game Routine

2021 Season

Pre-Practice Routine

- Players stretch in a circle in center field (upper & lower body stretches)
- Players starting on defense at the beginning of practice, warm-up their arms by throwing
- Pitchers-long toss on their non-bullpen days
- For position players-coaches should monitor how much they are long tossing at a given practice (to avoid over-throwing)
 - Stress proper mechanics along with accuracy (throwing to the chest)
 - May use point games to establish throwing accuracy and competition
- Hitters-warm-up on a tee before going to live hitting
- Emphasize the mental side of the game for pitching, hitting, & fielding



Pre-Game Routine

- Players stretch in a circle in center field (upper & lower body stretches)
- Players line up on the foul line and complete their dynamic stretching routine (i.e. high knees, butt kicks, crossovers, etc.)
 - Finish with sprints (i.e. stealing a base)
- Players warm-up their arm by throwing
- Consider stalling the pitcher's warm-up in order to get them fully warmed up right before the game starts (to avoid warming up and then sitting for a length of time before their first pitch)

