

Home Games - 5:00 gametime Pregame

3:00-3:30 Dismissal/ Uniform Change, extra Rotational work, extra swings

3:30-4:00 Pregame Rotational Work for Hitters (med balls)
Pitchers walk/jog foul poles (10 mins)

Pregame Hitting

Starters 2 rounds of 5 BP

FB/CB machines setup to hit x5 swings

Non-Starters 2 rounds of 5 after starters get rounds

Pitchers - dry work/flat grounds/grip work

Starting pitcher - individual routine

4:00-4:05 Clean up Cages and head to field

4:05-4:30 Dynamics and Throwing

4:30-4:35 Everydays for position players (catchers, infield, outfield)

4:35-4:50 I/O both teams (opponents)

4:50-4:55 Team Baserunning in OF

4:55-5:00 Lineups/Anthem - PLAY BALL!