

Pre Game Defensive Warm Up Routine

The pregame defensive warm-up routine is important for many reasons. Players hone their skills. Coaches assess players' gameday abilities. A sharp pregame practice routine gives players and coaches confidence and ensures safety. Everyone is now focusing on the game to be played.

Moving from Infield to Outfield warm-ups: Everyone should be aware as this transition happens. Allow between 5 and 7 minutes of focus and full attention to these drills.

Infield moves into cut-off and relay positions	Where ball is hit	Number of Balls Hit	Where the throw is made
Round 1			
Two balls hit to each outfielder, one of which can be in the air. Do the left and center combination first alternating between positions followed by the right and center combination also alternating between positions.	Ball hit right at the left fielder	1	Third Base
	Ball hit to the center fielder's right	1	Third Base
	Ball is hit to the left fielder's right	1	Third Base
	Ball is hit right at the center fielder	1	Third Base
	Ball is hit to the right fielder's right	1	Second Base
	Ball is hit to the left of the center fielder	1	Second Base
	Ball is hit to the right of the center fielder	1	Second Base
	Ball hit to the right of the right fielder	1	Second Base
Round 2			
Two balls hit to each outfielder, one of which can be in the air. Do the left and center combination first alternating between positions followed by the right and center combination also alternating between positions.	Ball hit to the right of the left field (towards the foul line)	1	Second Base
	Ball hit to the center fielder's right so he has to angle back	1	Second Base
	Ball is hit right at the left fielder - make him charge the ball	1	Second Base
	Ball is hit to the left of the center fielder	1	Second Base
	Ball is hit directly at the right fielder - make him charge the ball	1	Third Base
	Ball is hit to the right of the center fielder	1	Third Base
	Ball is hit to the left of the right fielder	1	Third Base
	Ball is hit to the left of the center fielder	1	Third Base
Round 3			
Fungo hitter will hit the ball to the left fielder first followed by the center fielder and the right fielder	Outfielders will each get to make one throw home. Stress hitting the cut-off man in the head	1	Home
Outfielders will return to the dugout after they make their throws			

Infield Routine	
The fungo hitter will hit one ball to each infield participating in the routine moving from third base to first base.	
Infield Situation	Where the throw is to be made
Infield play up all the way (one round)	Throw made home
Infield in the halfway up position (one round)	3b, SS, 2b looks the runner back and throws to first 1b throws to third base
Infield back at normal depths (one round)	3b, SS, 2b throws to first 1b throws to third base
Infield back, return to the fielder that made the initial throw "COMING BACK" (two rounds)	3b to 1b; 1b to home; catcher to 3b; 3b to home
	SS to 1b; 1b to home; catcher to 2b; 2b to 3b; 3b to home
	2b to 1b; 1b to home; catcher to 2b; 2b to 3b; 3b to home
	1b to 3b; 3b to home; catcher to 1b; 1b to SS; SS to 3b; 3b to home
Infield in Double Play depth turning 2 and "COMING BACK"	Ball to 3b (5-4-3); 1b to home; catcher to 3b; 3b to home
	Ball to SS (6-4-3); 1b to home; catcher to SS; SS to 3b; 3b to home
	Ball to 2B (4-6-3); 1b to home; catcher to 2b; 2b to 3b; 3b to home
	Ball to 1B (3-6-3 or 1); 1b to home; catcher to 1b; 1b to SS, SS to 3b; 3b to home
Infield back: fielding the chopped ball then slow roller (shows technique and body control) The last third baseman should remain at third to take the throw from the first baseman The last middle infielder should remain at second to take throws from the catcher	3b fields chopped ball, throws home
	Catcher rolls out ball to 3b who makes the throw to first
	SS fields chopped ball, throws home
	Catcher rolls out ball to SS who makes the throw to first
	2b fields chopped ball, throws home
Catcher rolls out ball to 2b who makes the throw to third	
1b fields chopped ball, throws home	
Catcher rolls out ball to 1b who makes the throw to third	
Catcher Throwing	
The catcher should make 3 to 5 throws from his receiving position to second base so scouts can gauge his release times.	

NOTES:

If your team cannot use the diamond during pre-game, take every opportunity to conduct pre-game infield or outfield defensive warm-up routines prior to the start of your game.

- (a) During infield and outfield warm-ups, focus on stretching and throwing, even if you do not have the opportunity to practice hitting.
- (b) For the infield players, hit ground balls one at a time and have the infielder throw the ball back to the catcher, who is with a coach. Throw from the foul line with players standing 15 feet apart and move back slightly. Use caution by keeping space between the players, as erratic throws will happen. For the outfield players, hit fly balls and have the outfielder return the ball to the coach before hitting another ball. (We do not recommend having a cut-off person.)

Everyone should be facing the coach when the ball is hit. One ball should be in play at a time. The starting pitcher should be in the Bullpen, and there is no need for a pitcher to be on the mound. During infield and outfield warm-ups, focus on stretching and throwing, even if you do not have the opportunity to practice hitting.

These Fitness Techniques Will Help Players of All Ages Stay Healthy

DYNAMIC STRETCHING

Dynamic stretching plays a significant role in pre-game warm-ups for baseball players. Dynamic stretches involve active movements that mimic the actions and movements required during a game, helping to improve flexibility, range of motion, and muscle coordination. An example of dynamic stretching could include high knees, side shuffles, walking lunges with a twist, leg swings, and arm, elbow & wrist circles.

CARDIOVASCULAR CONDITIONING AND AEROBIC EXERCISES

Cardiovascular conditioning helps improve stamina, endurance, and overall performance on the field. Some recommended aerobic exercises for cardiovascular conditioning include jogging, jumping jacks, skipping rope, or shuttle runs.

THROWING PROGRESSION AND ARM CARE

Proper throwing mechanics are crucial for accuracy, power, and injury prevention. Players can progressively move to longer distances and higher-intensity throws, starting with gentle, short-distance throws. This progression allows the shoulder complex and arm muscles to warm up gradually, reducing the risk of strains or overuse injuries.

Additionally, arm care exercises are essential to maintain arm health and injury prevention. These exercises typically include stretching, resistance band exercises, and shoulder mobility drills.

BATTING AND HITTING DRILLS

Incorporating specific drills that focus on improving swing mechanics, timing, and contact can greatly enhance a player's performance at the plate. During pre-game warm-ups, players can engage in various hitting drills such as tee work, soft toss, or batting practice with live pitching.

FIELDING AND DEFENSIVE EXERCISES

Position-specific warm-up routines can be tailored for infielders, outfielders, and catchers. These routines should include drills replicating game-like scenarios, such as ground balls, pop-ups, throwing accuracy, and footwork drills.

MENTAL PREPARATION TECHNIQUES

Mental preparation is just as crucial as physical readiness. Strategies for mental preparation can include visualization exercises, where players mentally rehearse successful outcomes and game scenarios. Breathing techniques, meditation, or positive affirmations can also help players find calmness and focus before stepping onto the field.

SAMPLE PRE-GAME WARM-UP ROUTINE

- Dynamic Stretching and Mobility Exercises (5 minutes).
- Cardiovascular Conditioning and Aerobic Exercises (5 minutes).
- Throwing Progression and Arm Care Exercises (10 minutes).
- Batting and Hitting Drills (10 minutes).
- Fielding and Defensive Exercises (10 minutes).
- Mental Preparation Techniques (5 minutes).