

## **TIGER PRE-GAME ROUTINE**

Players and coaching staff must be present before the game no later than 1 hour before the start of the game. Below are a series of timed out events that should take place before first pitch.

### **1:00:00**

Every Tiger player must have his cleats on, uniform in order (tucked in, hat on straight, look like a player), and be ready to stretch or talk to the coach to get plan for pregame.

### **1:00:00- 45:00**

Team dynamic warm-up and stretch. This includes team stretching routine and throwing program. PO's use this time for daily running program and band work. Starting pitcher mentally starts preparing for start and going through game time routine.

### **45:00-25:00**

Hitting Stations. All hitters will swing at this time and do some type of hitting station. Every field set-up is different, there may not always be cages available etc. Our preference (BASED ON FIELD SITUATION) in the following order is this:

- BP rounds in a batting cage.
- BP rounds with whiffle balls.
- Side Toss into net area.

Starting pitcher and one catcher should start to break off at this point and begin to play catch ending at 30 minutes till game time.

### **25:00**

Starting pitcher is taking his time warming up in the pen.

### **25:00-10:00**

Defense on the field. This is performed with one line of infielders at shortstop or second. One line of outfielders in centerfield. Two coaches hitting fungos to designated lines. Extra pitchers help coaches with infield and outfield throws.

### **10:00-5:00**

Starting pitcher is done warming-up and takes a water break in dugout. He is mentally checking-in for his start.

Positional players work on pick-off's and steals from opposing pitcher. PO's get game-changer ready and line-up posted in dugout.

### **5:00-0:00**

Pre-game talk. Take the field!