

Perry Baseball



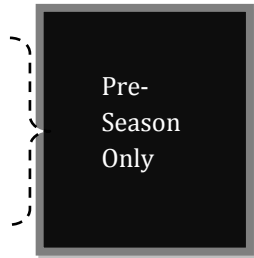
Pre-Game Routine

Dynamic Warm Ups:

- 2 laps/1 Pole Before Game
- Knee-tucks x 45 feet/High-knee x 45 feet
- Quad stretch 45 feet/ butt kicks x 45 feet
- Cross-over touches x 45 feet/ Jog x 45 feet
- Lunge arms back x 45 feet/Lunge-side to side x 45 feet
- A-Skips x 90 feet
- Arm Circles forward rotation 90 feet
- Arm Circles reverse rotation x feet 90 feet
- Secondary Stretch x 90 feet
- Steal breaks x 90 feet
- Straight Steal x 90 feet

Throwing:

- *2 knee, no glove, wrist flips*
- *1 knee, no glove, bow and arrow with ball*
- *1 knee separations w/glove*
- Rocker
- Scarecrow
- 3 x 3
- Turn and Throw
- Crow-hop and throw
- Work it in



Base running:

ABCDE: **A**t the Base, Find the **B**aseball, Look at the **C**oach, Look at the **D**efense, **E**xhale and **E**xtend

Extend- Left foot, shuffle, shuffle

- Home to 1st
- Steal: 1st to 2nd
- Score: 2nd to Home
- Base hit to 1st
- Ball in the Dirt to 2nd
- 2nd to 3rd (steal)
- Tag from 3rd
- Double: Home to 2nd
- Jog To 3rd
- Squeeze to Home

Hitting (20 reps) each bullet point with

Stick Bats:

(1 Load) (2 Swing) (3 Finish)

- 1
- 1 to 2
- 2 to 3
- 2 to 1
- 1 to 3

Claps (1-Fastball) (2- Curve Ball) (3-Change Up)

COMMITT-ATTITUDE-RESPECT-EFFORT

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