

Mudcat Game Routine

Pre-Game Practice	Activity	Time
Dynamic Warm Up	high knees, butt kicks, frankensteins, lunges, shuffles, etc.	5 minutes
Throwing/Pitcher Warm Up	throws from 10 ft-35ft, Pitcher: focus on snapping wrist and releasing at hip, hips square at the finish of the pitch	10 minutes
Batting Practice & Defense	soft toss with wiffles, pop ups and grounders	10 minutes
Line Up Announced	quick review of positions as line up is announced, follow "The Koa Code"	5 minutes
Game Time!!!		
Post-Game	Activity	Time
Team Meeting		10 minutes