## **Pregame Practice**

When the season starts, skills often erode, at the time the kids are just starting to 'Get it'. Game Time' begins at the start of Pregame Practice. Players are dismissed following postgame team meeting. ...The first 15 minutes are batting; if your child is late they miss out on this opportunity.

## Post the Game Admin Sheet in Dugout:

- Starting Line-up / Batting Order
- Pre-planned Substitutions
- Starting Pitcher
- First Relief Pitcher
- Additional Players Who Might Pitch

## **Pregame Practice Routine:**

| 1. | 0:60 - 0:45 | Whiffle Ball Batting                                     |
|----|-------------|--|
| 2. | 0:45 - 0:35 | Skill Building Warm up                                   |
| 3. | 0:35 - 0:25 | Playing Catch Practice                                   |
| 4. | 0:25 - 0:15 | Team Drill   |
| 5. | 0:15 - 0:05 | Starting Pitcher/Catcher prep / Ground Balls & Fly Balls |
| 6. | 0:05 - 0:00 | Water, Pee, Last Words                                   |
|    |             |  |

## **Dugout/Game Management**

**Head Coach** manages line up and on-field activities / communicates with Asst #1 in advance re potential changes at Pitcher

Asst #1 manages pitchers & catchers

Asst #2 manages dugout and players / Coordinates with Parent Liaison

Parent Game Liaison is 'go-between' parents in stands and kids in dugout.

Parents do not interact with their kids from the time they drop them off for Pre-Game practice until head coach dismisses players following post-game meeting. All interaction between parent and child during that time is limited to cheering during the game or via the parent liaison. ...Exception is injury or illness.

Players are expected to participate the entire 'Game Day time period' unless they have something unique going on at school: one-time piano recital, one time science fair, etc.

(Each of these types of events are known weeks or months in advance and the coach needs to be notified as soon as these outside activities are known.)