

STARTT Pitching

Pre-Game Routine

Worksheet/Checklist

Activity		Time
1	Bedtime/Wake Up	_____
2	Nutrition/Hydration	Breakfast _____ Lunch _____ Pre-Game Meal/Snack _____
3	Arrival at Park	_____
4	Emotionally, Mentally & Physically Check-In	Coaches _____ _____ Catcher _____ Trainers _____
5	Pre Game Preparation Charts/Scouting Reports	Reports
		Coach _____
		Catcher _____
		Film
		Coach _____
		Catcher _____
6	Finalize Pitching Plan	Coach _____ Catcher _____
7	Competitive Visualization -Mentally Implement Pitching Plan	60 - 90 Min. Prior to Game Time Pitching Dress Rehearsal _____
8	Pre-Game Warm-Up 30 - 40 Mins. Prior to Game Time	_____ A Running/Jogging B Dynamic Warm-Up C Tubing/Band Arm Warm-Up D Flat Ground Throws E Pre Game Bullpen F Visualization & Pre-Game Focus (Dugout) G Game Mound Warm-Up Pitches H 1st Pitch of Game/Inning I Pre & Post Pitch Routine Chart/Plan 5-10 Min. Prior

