



ROUTINES (PRE/IN/POST)

Name: _____

Pre-Game Routine:

1-
2-
3-
4-
5-

In-Game Routine (Batting):

In the Hole	On Deck	At Bat
1-	1-	1-
2-	2-	2-
3-	3-	3-
4-	4-	4-
5-	5-	5-

In-Game Routine (Pitching/Defense):

Between Every Pitch	After a Mistake
1-	1-
2-	2-
3-	3-
4-	4-
5-	5-

Post-Game Routine:

1-
2-
3-
4-
5-

