



## Arlington Southwest Little League – Coach Mentoring Reference Library

### Spring 2015 – Volume 1: Pregame Organization

- Decide on a time (number of minutes before game time) for your players to arrive. Keep this consistent throughout the season. Parents and players are creatures of habit, do not change this up during the season.
- 45 minutes before game time the kids should be stretching and jogging. Please do not allow them to warm up their arms before they have stretched out, and ran a little to “get the juices flowing”. The jog should be one group of kids on a jog together, not a race. Team unity starts here.
- 35 minutes before game time the kids should be throwing to warm up their arms. Start with a close range 50-60% toss, and progress up.
- 25 minutes before game time, get the kids lined up and hit some grounders to them. I typically do this in the bullpen area. Less than 50% of the games allow for on the field infield hitting, don't count on this being available.
- 15 minutes before game time is when you turn your lineup into the scorekeeper, opposing manager and umpire. If the umpire is not there yet, give them your lineup when they arrive. If the scorekeeper is not there yet, shame on the home team manager.