Routines not only can help promote a healthy lifestyle; they can also help improve your baseball game too. Routines are a set of actions regularly followed and performed as a regular procedure rather than a special occasion. Routines are used in many sports like baseball to build consistency, channel the athlete’s focus, and put them in the optimal physical and mental state of readiness. They are commonly customized to fit every player’s personal preferences, and they are well known for use amongst pitchers, batters, and fielders.

Casey Mize completing his pre-game routine before pitching in his first MLB Start

Here are some ways implementing a routine can help your baseball game:

- Visualizing situations to make sure you’re prepared
- Relaxation methods, like deep breaths and adjusting equipment, can help you keep calm during high pressure situations
- Technique drills to do before every game to help as a re-enforcer
- Confidence re-assurance with positive affirmations can help calm nerves

Baseball is a mental game, so implementing routines can help you manage pressure and take your game to the next level!