Step 1: Warm-up throwing at 180 foot phase
   - 20 throws from squat position to pitcher
   - 10 throws to each base 50% intensity from squat

Step 2: Warm-up throwing at 180 foot phase
   - 40 throws from squat position to pitcher
   - 15 throws to each base 50% intensity from squat

Step 3: Warm-up throwing at 180 foot phase
   - 40 throws from squat position to pitcher
   - 10 throws to each base 75% intensity from squat

Step 4: Simulated game including fielding bunts, throws to bases, and throws to the mound