

PRE-PRACTICE / PRE-GAME WARM-UP

- This should typically take about 10 minutes at the start of practice or a game.
- Use 30-foot distance for 8–12-year-olds & 45-foot distance for 13 & older.
- Dynamic warm-ups should always start slow. Players should not be challenged by high-impact, fast-paced warm-up drills.
- No need to do all of these stretches in any one session. Pick & choose to get the optimum warm-up. Don't be afraid to vary the routine from practice-to-practice to keep things interesting. This also keeps warm-up from becoming too repetitive and then often poorly executed.

Walking Series (down & back 1-3 times)

1) Walking Knee Hugs

Stand with feet hip-width apart, chest up, core engaged. Lift one knee, grab it with both hands below the knee, and gently pull it towards your chest. Hold for a couple of seconds, then lower and repeat with the other leg. Can be done walking for a dynamic warm-up, bringing each knee to your chest as you step forward.

See link for more details: <https://www.youtube.com/watch?v=0TbiswLwSAc>

2) Shin Grab / Scoops

Keep your standing leg almost straight (micro bend in the standing knee), keeping the knee and toe up, maintain good posture, then capture the outside of the shin with one hand - other hand grabs the below on the inside of the shin. Then pull it into the chest. You will alternate sides as you walk out.

See link for more details: <https://www.youtube.com/watch?v=HszG-BTdj8s>

3) Quad Walks

Stand with feet together and core engaged, raise the right foot behind you, grasping the ankle with your right hand. Pull your heel toward your glute while keeping your chest up and knees close together, avoiding knee "winging" to the side. Hold for 1–2 seconds, release, and take a step forward with your right leg. Switch sides and repeat for 10–15 repetitions per leg, or for about 10 yards.

See link for more details: <https://www.youtube.com/watch?v=hiO8cZtRO70>

4) Spider Walks

Start in a push-up position with the hands shoulder-width apart and the legs straight out directly behind the body about hip-width apart. Push the toes of the left foot into the floor and squeeze the left thigh and glute while moving the right knee forward to the outside of the right elbow. While the right leg is forward, push back through the left heel to straighten the left leg. Then straighten the right leg and bring the left knee forward to the outside of the left elbow while reaching forward with the right hand. Alternate this arm and leg action for the desired distance.



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5) Frankenstein

Stand straight with feet hip-width apart and extend arms straight out in front of you at shoulder height, palms facing down. Keeping your back straight, swing your right leg up, aiming to touch your foot to your left hand. Keep both knees as straight as possible (or with a slight bend if necessary for flexibility). Lower the right leg and repeat with the left leg, alternating sides while walking forward.

See link for more details: <https://www.youtube.com/watch?v=47a71yHMN54&t=8s>

Lunge Series (down & back 1-3 times)

6) 3-Part Lunge

7) Lateral Lunge & Squat

Perform a walking lunge while keeping head down, touching lead foot with both arms. Alternate legs each step.

Running Series (down & back 1-3 times)

8) Carioca

While performing Carioca, use equal rotation in both hips. Stay on the balls of the feet and step quickly but with control.

See link for more details: <https://www.youtube.com/watch?v=IWoskMbvCbs>

9) High-Knees

Perform a skipping motion; focus on trying to bring your knee up to hip-height or higher. Get a good push off the stance leg to help power the movement more effectively.

10) Heel-Kicks/Modified Butt-Kickers

In a quick-jogging motion, kick heel up towards the butt. Alternate legs each step.

See link for more details: <https://www.youtube.com/watch?v=o5Zj1z-E0GE>

11) Side Shuffle Push-Offs

Squat facing towards the infield. Push off generating as much power as you are able as you shuffle down and back.

12) Shuffle-Shuffle-Sprint

Perform 2 quick lateral shuffle steps then turn and run. This motion should be similar to getting a walking lead then running to steal a base.

Blood Flow Series (down & back 1-3 times)

13) Forward jog down – Light skip back

14) Back pedal down – Jog back

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Shoulder Series

1) Arm Circles – 10-15 Clockwise & 10-15 Counter-clockwise

Stand with your feet hip-width apart and your arms out to your side at approximately a 90-degree angle with elbows straight. Bring your arms slightly forward and begin moving your arms in a clockwise circle. Start with small circles then gradually increase the size. Perform 10-15 reps with the top of the circle counting as one repetition. Repeat the same motion, only going in a counter-clockwise formation. Perform 10-5 reps.

2) Over & Under – 10 Alternating

See link for more details: <https://www.youtube.com/watch?v=ve-5ZHwxYel>)

3) Scarecrow – 7-10 times

See link for more details: <https://www.youtube.com/watch?v=nK7fRxl6rs>