

Dynamic Warm-up & Work out for Baseball / Softball

Definition – Dynamic Warm-ups – A series of ground based callisthenic and plyometric movements that increase the athlete’s core temperature, increase joint mobility, and increase joint flexibility.

Dynamic Warm-up Principles

- Warm-up to throw, not throw to warm up.
- Focus on the purpose of every warm-up exercise
- Keep your head over your hips
- Stay in the Universal Athletic Position on the balls of your feet
- Whenever possible, maximally dorsiflex (extend) your foot and toes upward
- Perform each exercise through a complete and full range-of-motion
- Perform each exercise over a distance of 10-15 yards
- Lateral movements should be performed to both the right and left.

In the beginning the dynamic warm-up make take anywhere from 20-30 minutes. Once proper technique is programmed into the athlete’s warm-up, it should take approximately 10-15 minutes to perform.

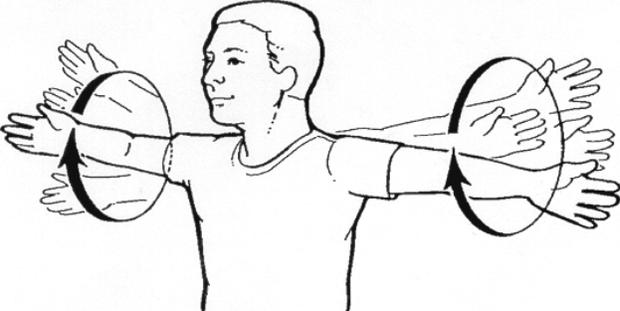
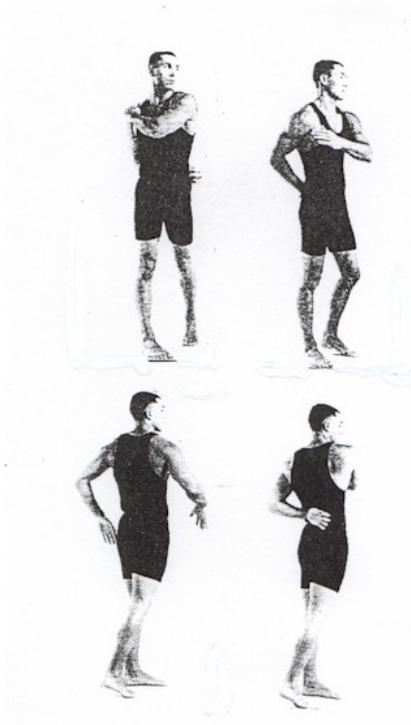
Part I. DYNAMIC WARM-UP (PICK 5-10 EXERCISES AND ROTATE THEM EACH TRAINING DAY, PERFORMING EACH EXERCISE AT LEAST ONCE PER WEEK)

Exercise	Description
JOG OUT, BACKPEDAL IN	Jog forward (down) emphasizing pocket-chest arm movement with good knee punch; backpedal with same emphasis; repeat 2X
KNEE PULLS	Walk forward pulling knee to armpit every other stride; everyone down, everyone back
TOE PULLS	Walk forward reaching down placing heel on ground and grabbing toes pulling back every third stride; everyone down, everyone back
WALKING LUNGE	Walk forward lunging with square shoulders placing elbow to ground planting opposite hand; everyone down, everyone back
HURDLE KICKS	Walk forward kicking leg every other stride with shoulders on top of hips and reaching out front; everyone out, everyone back
SLIDE AND STRETCH	Side to side stretch with two infielder shuffles in between everyone down, everyone back

HIGH KNEES	Run forward emphasizing knee lift, pocket-chest arm movement and forward lean; everyone down, everyone back
BUTT KICKS	Run forward emphasizing calf to hamstring movement setting off cycling action; everyone down, everyone back
DOUBLE TOUCH SKIPS	Skip forward touching each foot twice emphasizing stepping off power pad, good arm movement
LATERAL SLIDE SKIPS	Skip sideways touching each foot twice emphasizing stepping off power pad, good arm movement and knee push
SKIP AND SWING	Skip forward (down) with rotational arm swing forward; skip backward (back) with rotational arm swing backward
SLIDE AND GLIDE	Heel to heel shuffle (don't cross feet) sideways down and back with side to side arm swings
CARIOCA	Carioca sideway down and back keeping shoulders square
TAPIOCA	Tapioca sideway down and back keeping shoulders square while emphasizing fast feet and fast hips
FAST FEET	Run forward emphasizing putting feet up and down as fast as possible; everyone down and back
START-STEALS	Run forward from crossover start emphasizing staying low, stride length, and chewing up ground, everyone down, everyone back
FALL-STARTS	Lean forward until you begin to lose your balance, once you reach the point of no return, begin running/sprinting emphasizing staying low, stride length, and chewing up ground, everyone down, everyone back

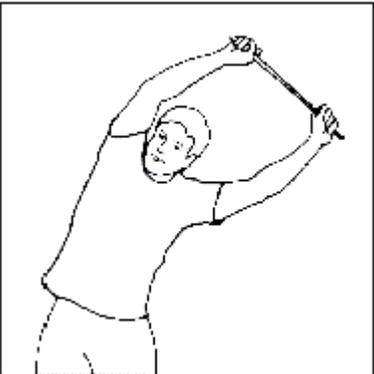
PART II. STRETCHING

IIa. POSTERIOR CAPSULE / ROTATOR CUFF

Exercise	Diagram
<p>ARM CIRCLES Perform forward and backward arm circles for 20-30 seconds</p>	 A line drawing of a person from the waist up, facing slightly to the right. Both arms are extended horizontally to the sides. Each hand is holding a circular object, possibly a ball or a hoop, which is being swung in a circular motion. The drawing illustrates the starting position and the path of the arms.
<p>BACK SLAPS</p> <p>Stand with your feet about 12 inches apart. Extend your arms palms down until your arms are level with your shoulders. Swing your arms to the right, letting your slapping your left hand against your right shoulder, with your right hand slapping against the small of your back. Then swing your arms in the opposite direction, having your right hand slap against your left shoulder and the back of your left hand slap against the small of your back. As you swing back and forth allow your torso and legs to follow the movement. Allow your heels to lift from the floor but do not allow either foot to completely leave the floor. As you swing right turn your head right, and turn your head left as you swing to the left. Perform 20-30 seconds.</p>	 Four black and white photographs arranged in a 2x2 grid. The top row shows a person from the front, performing back slaps. The bottom row shows a person from the side, performing back slaps. The person is standing with feet apart, arms extended, and swinging them back and forth.
<p>SLEEPER STRETCH Lie on your side with bottom arm in front of you, elbow bent. Gently push on bottom wrist with opposite hand until a stretch is felt in the bottom shoulder. Hold for 20 seconds, perform 5 repetitions.</p>	 A photograph of a man lying on his side on a wooden surface. He is wearing a white t-shirt and dark shorts. His right arm is bent at the elbow, with his hand resting on his left wrist. He is looking towards the camera.

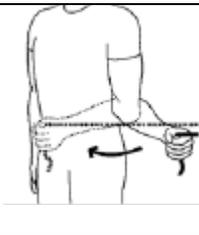
<p>HORIZONTAL ABDUCTION STRETCH Gently pull on elbow with opposite hand until a stretch is felt in the shoulder. Hold for 20 seconds, perform 5 repetitions.</p>	
<p>TOWEL STRETCH Hold a towel loosely with the side to be stretched behind your back, palm facing away from back. Gently pull upward with the opposite hand pulling the hand behind your back gently upward until a stretch is felt in the shoulder of the arm behind your back. Hold for 20 seconds, perform 5 repetitions.</p>	

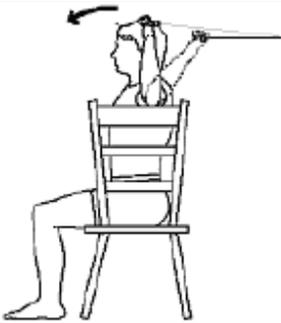
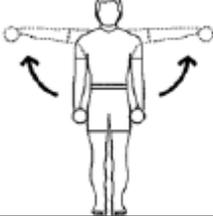
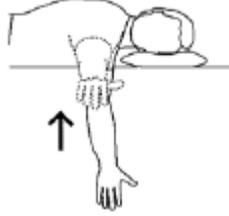
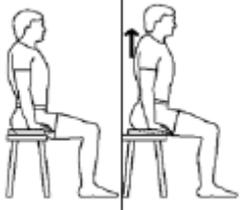
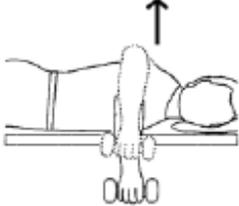
IIb. TRUNK STRETCHING

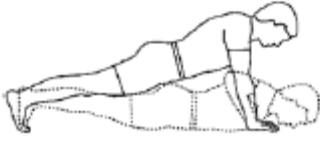
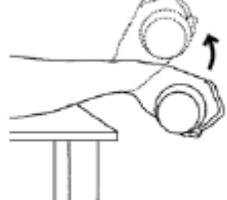
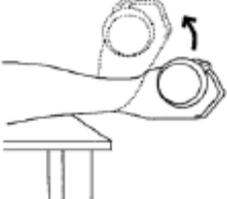
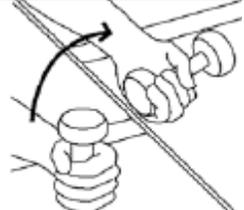
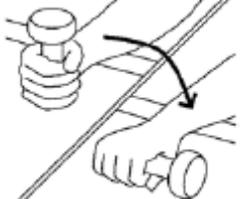
Exercise	Diagram
<p>STANDING TRUNK TWIST Stand with your feet about 12 inches apart. Swing your arms to the right. Then swing your arms in the opposite direction. As you swing back and forth allow your torso and legs to follow the movement.</p>	
<p>LATERAL BENDS Holding a bat overhead, lean to one side and hold for 10-15 seconds, then repeat to the other side. Perform 3-5 repetitions to each side.</p>	

PART III. – THROWERS 10 – UPPER EXTREMITY EXERCISES (MINIMUMLY PERFORMED 2-3 TIMES PER WEEK WHILE INSEASON)

Perform 10-30 repetitions. The exercises can be performed before pitching as part of the warm-up and after pitching as part of the cool down (Ex. 10 reps before pitching and 10 reps after the game)

Exercise	Diagram
<p>1a. DIAGONAL PATTERN D2 FLEXION Grip tubing handle overhead and out to the side. Pull tubing down and across your body to the opposite side of leg. During the motion lead with your thumb.</p>	
<p>1b. DIAGONAL PATTERN D2 EXTENSION Gripping tubing handle, begin with arm across the body in front of the opposite hip, and palm facing downward. Bring arm up and out to the opposite side. Exercise should be performed in controlled manner.</p>	
<p>2a. EXTERNAL ROTATION AT 0 DEGREES ABDUCTION Stand with elbow fixed at side and at 90 degrees with arm across front of body. Grip tubing handle while the other end of tubing is fixed. Pull out with arm, keeping elbow at side. Return tubing slowly and controlled.</p>	
<p>2b. INTERNAL ROTATION AT 0 DEGREES ABDUCTION Stand with elbow fixed at side and at 90 degrees with shoulder rotated out. Pull arm across body keeping elbow at side. Return tubing slowly and controlled.</p>	
<p>2c. EXTERNAL ROTATION AT 90 DEGREES ABDUCTION Stand or sit with shoulder abducted 90 degrees and elbow flexed 90 degrees. Grip tubing handle while the other end is fixed straight ahead, slightly lower than the shoulder. Keeping shoulder abducted, rotate shoulder back keeping elbow at 90 degrees. Return tubing and hand to start position.</p>	

<p>2d. INTERNAL ROTATION AT 90 DEGREES ABDUCTION Stand or sit with shoulder abducted to 90 degrees, externally rotated 90 degrees and elbow bent to 90 degrees. Keeping shoulder abducted, rotate shoulder forward, keeping elbow bent at 90 degrees. Return tubing and hand to start position.</p>	
<p>3. SHOULDER ABDUCTION AT 90 DEGREES Stand with arms at side, elbows straight, and palms against sides. Raise arms to side, palms down, until arms reaches 90 degrees (shoulder level). Hold 2 seconds and lower slowly.</p>	
<p>4. SCAPTION, INTERNAL ROTATION Stand with elbow straight and thumb down. Raise arm to shoulder level at 30 degrees angle in front of body. Do not go above shoulder height. Hold 2 seconds and lower slowly.</p>	
<p>5a. PRONE HORIZONTAL ABDUCTION (Neutral) Lie on table, face down, with involved arm hanging straight to the floor, and palm facing down. Raise arm out to the side, parallel to the floor. Hold 2 seconds and lower slowly. Ok to use light dumbbell.</p>	
<p>5b. PRONE HORIZONTAL ABDUCTION (Full ER, 100 ° Abd) Lie on table, face down, with involved arm hanging straight to the floor, and thumb rotated up (hitchhiker). Raise arm out to the side with arm slightly in front shoulder, parallel to the floor. Hold 2 seconds and lower slowly. Ok to use light dumbbell.</p>	
<p>6. SEATED PRESS-UPS Seated on a chair or on a table, place both hands firmly on the sides of the chair or table, palm down and fingers pointed outward. Hands should be placed equal with shoulders. Slowly push downward through the hands to elevate your body. Hold the elevated position for 2 seconds and lower body slowly.</p>	
<p>7. PRONE ROWING Lie on your stomach with your involved arm hanging over the side of the table, dumbbell in hand and elbow straight. Slowly raise arm, bending elbow, and bring dumbbell as high as possible. Hold at the top for 2 seconds, then slowly lower.</p>	

<p>8. PUSH-UPS Start in the down position with arms in a comfortable position. Place hands no more than shoulder width apart. Push up as high as possible, rolling shoulders forward after elbows are straight. Start with a push-up into wall. Gradually progress to kneeling, and finally to floor as tolerable.</p>	
<p>9a. ELBOW FLEXION Standing with arm against side and palm facing inward, bend elbow upward turning palm up as you progress. Hold 2 seconds and lower slowly.</p>	
<p>9b. ELBOW EXTENSION Raise involved arm overhead. Provide support at elbow from uninvolved hand. Straighten arm overhead. Hold 2 seconds and lower slowly.</p>	
<p>10a. WRIST EXTENSION Supporting the forearm and with palm facing downward, raise weight in hand as far as possible. Hold 2 seconds and lower slowly.</p>	
<p>10b. WRIST FLEXION Supporting the forearm and with palm facing upward, lower a weight in hand as far as possible and then curl it up as high as possible. Hold for 2 seconds and lower slowly.</p>	
<p>10c. SUPINATION Support forearm on table with wrist in neutral position. Using a weight or hammer, roll wrist taking palm up. Hold for a 2 count and return to starting position</p>	
<p>10d. PRONATION Support forearm on a table with wrist in neutral position. Using a weight or hammer, roll wrist taking palm down. Hold for a 2 count and return to starting position.</p>	
<p>10e. RICE BUCKET Get a 5 gallon bucket. A bucket that baseballs are kept in is fine. Fill 3/4 with rice. Dig your hand down, alternating between inwards and outwards rotation, grab a handful of rice or a baseball that is buried in the rice and squeeze as hard as you can for 5 seconds. Repeat 10 times. Perform with opposite hand.</p>	

PART IV. LEAD-UP THROWING

Using the Crow-Hop method, the athlete should begin warm-up throws at a comfortable distance (approximately 30-45 ft) and then progress to their position specific distances. The object is for the athlete to throw the ball using the Crow-Hop method and emphasize proper mechanics for each throw. The coach can then work the position specific players through their throwing drills.

PART V. LEAD-UP BATTING

It should be noted that the stress placed on the arm and shoulder in tee batting are very different from the throwing motion. Begin a warm-up with dry swings progressing to hitting off the tee, then soft toss, and finally live pitching.