

## Suggested 10-15 min League Warm-up for BYBA

Coaches please encourage your players to fully warm up prior to baseball practice and playing of games. The warm-up time is injury prevention time and can be used to discuss coaching points, address areas of concern, tell a joke, or just get a feel for the team. Please encourage your players to focus on the proper execution of each movement as warming up the muscles and joints will allow the player to play more easily and with reduced risk of injury.

2 min Jog (50% pace from second base to Center Field 2x)

3 way hip x 10 each movement (forward/backward hip swing with opposite arm swing; lateral hip swing with trunk rotation -both arms; rotational hip swing with trunk rotation)

Horizontal trunk rotations (reaching side to side) x 10

Trunk side-bend (alternate Overhead reaching) x 10

Trunk rotation in diagonal (Diagonal Reach across body up and over shoulder; Diagonal reach across body under arm pit) x 10

World's Greatest Stretch: Forward Lunge with opposite elbow to forward toe hold 3 sec then straighten forward knee to stretch Hamstring hold 3 sec, switch and repeat. Repeat x5 each side

Sumo Squat: grab inside of toe squat down to thighs parallel hold 3 sec straighten knees and hold 3 sec repeat x 10

Scorpion Stretch: on stomach try to touch opposite foot to opposite shoulder x 10 per side

Dynamic Motions: 45 ft. distance (1st to 2nd base)

Toe walk with small to big Arm Circles

Heel walk with small to big Backward Arm Circles

Walk with straight leg kick up to touch opposite hand

Walk with alternating quad stretch

Walk with alternating knee hug

Walk lunge with elbow to opposite knee

Lateral wide base shuffle with low hips

Lateral hop x 2 with alternating groin stretch hold each for 3 sec

Butt kicker jog with arm swimmers

Jump Jack x 10, Seal Jack x 10, Forward/backward Jump Jack, Rotating Jump Jack

Coaching note: the above mentioned Warm up is suggested. Please feel free to modify reps or holds as ability level dictates. Educate player regarding warm up benefits: increased blood flow, increased respiration rate, improved elasticity of muscle and joint support structures, improved muscle activation rate, reduced injury rate and improved reaction rate during sport. Try to keep warm up to no more than 15 min as attention span may require partial or modified warm up routines. If younger player attention requires substantial modification of above warm up try only the dynamic movements and teach a stretch or 2 for after practice cool down or stretch for treats after game. Please have players progressively throw after warm-up period.