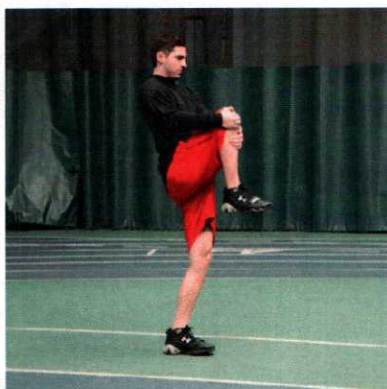


Dynamic Warm-up for Baseball Players

Ten exercises for pre-baseball practice and game play.

**Coaches Clinic
Spring 2014**



Dynamic Warm-Up: Knee to Chest Walks
 Perform the dynamic warm up drills over a 10 yard (30 foot) distance. Pull your left knee to chest as pictured at left, step and change legs, repeat for the 10 yard distance alternating legs. Keep your back straight chest up, eyes and head facing forward.

Coaching Cues

- Tall spine
- Keep your down leg / hip straight
- Eyes and head forward
- Big stretch with your up leg

Description:

Dynamic Warm-Up: Knee to Chest Walks: is a warm up mobility exercise for your hips and legs. This is a great warm-up /mobility exercise to perform before practice or playing.

Precautions:

Stop this exercise if you feel pain.

| Set | Reps | Distance | Rest Seconds |
|-----|------|----------|--------------|
| 1 | | 10 yards | |
| 2 | | 10 yards | |



Dynamic Warm-Up: Butt Kickers: Perform this dynamic warm up drill over a 10 yard (30 foot) distance. Alternate legs while jogging forward and kicking your heel to your butt. Repeat over the 10 yard distance alternating legs. Keep your back straight, chest up, eyes and head facing forward. Maintain a rhythmic jog as you perform this exercise.

Coaching Cues

- Tall spine
- Chest and head up
- Eyes forward
- Pay attention to arm action
- Kick your Butt!

Description:

Dynamic Warm-Up: Butt Kickers is a warm up mobility exercise for your hips and legs. This is a great warm-up /mobility exercise to perform before practice or playing.

Precautions:

Stop this exercise if you feel pain.

| Set | Reps | Distance | Rest Seconds |
|-----|------|----------|--------------|
| 1 | | 10 yards | |
| 2 | | 10 yards | |



Dynamic Warm-Up: Lateral Shuffle: Perform this dynamic warm up drill over a 10 yard (30 foot) distance. Shuffle with your legs while swinging your arms in a jumping jack type movement.. Repeat over the 10 yard and return. Keep your back straight, chest up, eyes and head facing forward. Maintain a rhythmic jog as you perform this exercise.

Coaching Cues

- Tall spine
- Chest and head up
- Eyes forward
- Pay attention to arm action
- Kick your Butt!

Description:

Dynamic Warm-Up: Lateral Shuffle is a warm up mobility exercise for your hips and legs and shoulders. This is a great warm-up /mobility exercise to perform before practice or playing.

Precautions:

Stop this exercise if you feel pain.

| Set | Reps | Distance | Rest Seconds |
|-----|------|----------|--------------|
| 1 | | 10 yards | |
| 2 | | 10 yards | |



Perform this dynamic warm up drill over a 10 yard (30 foot) distance. Raise one leg straight out in front of you while reaching out in front of you with both arms. Ideally, you want to at least bring your arms and legs to about parallel with each other, as shown in the picture below. However, if you have the flexibility, attempt to touch your toes with the tips of your fingers. After performing this exercise with one leg, repeat for the 10 yard distance alternating legs. Keep your back straight, chest up, eyes and head facing forward. Maintain a rhythmic skip as you perform this exercise.



Coaching Cues

- Tall Spine
- Chest and head up
- Eyes forward
- Arms and front leg parallel to ground
- Slight bend in opposite knee
- Maintain balance

Description:

Dynamic Soldier Walks is a warm up mobility exercise for your hips and legs. This is a great warm-up /mobility exercise to perform before practice or playing.

Precautions:

Stop this exercise if you feel pain.



| Set | Reps | Distance | Rest Seconds |
|-----|------|----------|--------------|
| 1 | | 10 yards | |
| 2 | | 10 yards | |



Airplane Walk Stretch: Begin this stretch by first kicking your left leg straight out in front of you, as shown in the picture above. At the same time extend both arms straight out in front of you. Your opposite leg should be straight or have a slight bend at the knee. Your back and chest should be straight up and down and you should avoid leaning over during this part of the stretch.

Airplane Walk Stretch: Transition your body into the position shown above. In order to achieve this, bend your knee and lean forward until your back and left leg are parallel to the floor. At the same time reach your arms out to your sides so they are perpendicular to your back and left leg.



Coaching Cues

- Back/chest and back leg parallel to ground
- Slight bend in opposite knee
- Arms out to sides also parallel to ground
- Eyes forward
- Maintain balance

Description:

Airplane walk Stretch is a dynamic stretch for your hamstrings as well as a hip stability & balance exercise. This is a great warm-up /dynamic stretch to perform before practice or playing.

Precautions:

Stop this exercise if you feel pain.

| Set | Reps | Distance | Rest Seconds |
|-----|------|----------|--------------|
| 1 | | 10 yards | |
| 2 | | 10 yards | |



Hand Walk Out: Begin this by bending over until your hands are on the floor. They should be shoulder width apart lined up directly under your shoulders and your legs should form a diagonal line, like shown in the picture. From this position you should be able to walk your hands out in front of you.

Hand Walk Out: The picture above is what your end position should look like. In order to transition your body into this position, slowly walk your hands out from the first position until they are slightly past your head, like shown in the picture on the left. Once you reach that point, slowly walk your feet back up until you are in the first position again. Then repeat.

Coaching Cues

- Walk hands out past shoulders
- Keep core engaged
- Small steps with feet when walking up
- Arms and legs should remain straight at all times

Description:

Hand Walk Out is a dynamic warm up that will engage your core and warm up your arms and legs. This is a great warm-up /dynamic stretch to perform before practice or playing.

Precautions:

Stop this exercise if you feel pain.

| Set | Reps | Distance | Rest Seconds |
|-----|------|----------|--------------|
| 1 | | 10 yards | |
| 2 | | 10 yards | |



Walking Lunges— Perform this warm up standing tall with your chest up and eyes forward. Begin by stepping forward with your left leg as pictured above. You should raise your opposite arm, right arm, as your left leg makes contact with the floor, as pictured above. Continue this exercise by moving your back leg in front of you by pushing off of your front leg. Your upper back leg should be perpendicular to the floor. Maintain the same arm movement and try to get into a rhythm. Keep your shoulders level and your spine in a “tall posture” position, avoid slouching.

Coaching Cues

- Tall Spine
- Chest and head up
- Eyes forward
- Avoid knee contact with the floor
- Upper back leg should be perpendicular with the floor
- Pay attention to arm action

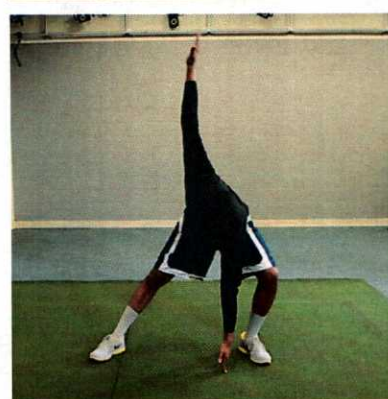
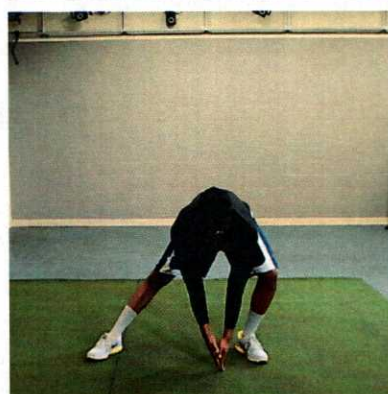
Description:

Walking Lunges - is a Leg and hip strengthening exercise.

Precautions:

Stop this exercise if you feel pain.

| Set | Reps | Hold seconds | Rest Seconds |
|-----|------|--------------|--------------|
| 1 | | | |
| 2 | | | |



Torso Rotation – Lunge stance:

Begin with your feet in a wide stance (slightly wider than hip width) and lunge to your left as pictured, reach down as if you're fielding a ground ball. Bend from your hips, keeping your back straight. Leave your left hand down while you reach up towards the ceiling with your right hand and focus on rotating your chest then return back to center, repeat 10 x. Lunge to your right and perform the same movement on the opposite side. Repeat the recommended number of repetitions and sets.

Coaching Cues

- Back straight
- Focus on one spot on ground
- Avoid rotating head
- One knee slightly bent
- Keep opposite leg straight
- Arms fully extended
- Fingertips point toward sky
- Maintain balance

Description:

Torso Rotation – Lunge stance: is a mobility exercise for your upper back and shoulders as well as your hamstrings and groin. This is a great warm-up /mobility exercise up your Back, Shoulders and Legs before practice or playing.

Precautions:

Stop this exercise if you feel pain.

| Set | Reps | Hold seconds | Rest Seconds |
|-----|------|--------------|--------------|
| 1 | | | |
| 2 | | | |



Coaching Cues

- Tall spine
- Chest up
- Eyes forward
- Arms fully extended
- Fingertips pointing straight out
- Keep core tight
- Avoid swinging torso back and forth

Arm circles— Begin this exercise standing tall with your chest up and eyes forward. Extend both arms out to your side. Create small circles with your hands, about one inch in diameter. Progress to making medium circles with your hands, about 6 inches in diameter. Finally, create large arm circles as shown in the bottom set of pictures 2 foot circles. Perform the prescribed number of repetitions and sets in a slow and controlled manner. Keep your shoulders level and your spine in a “tall posture” position, avoid slouching. Once you have completed doing arm circles in a forward motion, repeat this process backwards.

Description:

Arm Circles- a great dynamic warm up for your shoulders, scapulae and upper arms.

Precautions:

Stop this exercise if you feel pain.

| Set | Reps | Hold seconds | Rest Seconds |
|-----|------|--------------|--------------|
| 1 | | | |
| 2 | | | |



A. Triceps / Inferior shoulder stretch: Reach over your head and down your back with your right hand as pictured at Left, gently apply a static stretch with your opposite hand, hold the stretch for 20-30 seconds and repeat 2-4 times, perform this on your left side. Do not push to the point of pain, this should be a subtle stretch.

Coaching Cues

- Tall spine
- Grip elbow and hold stretch
- Opposite hand centered behind neck



B. Cross Body Stretch/ posterior shoulder stretch: Reach across your body with your right hand as pictured at Left, gently apply a static stretch with your opposite hand, hold the stretch for 20-30 seconds and repeat 2-4 times, perform this on your left side. Do not push to the point of pain, this should be a subtle stretch.

Coaching Cues

- Keep your shoulder down
- Keep cross arm straight
- Hold tight to body with opposite arm

Description:

Triceps/ Inferior shoulder & Cross Body/ Posterior Shoulder Stretches: are mobility exercise for your upper arm, back and shoulders. This is a great way to warm up your Back and Shoulders before practice or playing.

Precautions:

Stop this exercise if you feel pain.

| Set | Reps | Hold seconds | Rest Seconds |
|-----|------|--------------|--------------|
| 1 | 2-4 | | |
| 2 | 2-4 | | |

Notes:

Be Healthy in Sports

*Protective equipment must fit properly
-- Or it won't protect you*

*Never play through pain
-- When in doubt have it checked out*

*Stay hydrated
-- Drink water BEFORE exercising as well
as during (especially on hot days)*

*Exercise 5-7 days a week
--This keeps your body flexible and
strong*

*Have Fun
--Try other sports not just one!*