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| **Stretching Drill** |
| **Drill: Dynamic Warm-up and Stretching** |
| **Purpose: Warm the core and body up** |
| **Equipment: Cones** |
| **Setup: Place the cones 10-20 yards apart depending on the age of the player** |
| **Execution:**  Dynamic Warm-up/Stretches (each is down and back)   * Skips with arm circles * High Knees * Butt Kicks * Carioca w/ high knee crossover * Side Shuffle with arm crossover * Forward Lunges * Build Up Sprints 6 x 20 yards (up to 90% max speed)   Static Stretches (Ground based or standing stretches)   * Sitting Hurdler hamstring stretch (2 x 20 seconds each leg) * Butterfly stretch (2 x 20 seconds) * Lying on side quad stretch (2 x 20s each leg) * Kneeling hip flexor stretch (2 x 20s each leg) * Iron crosses (toe to opposite hand w/ leg str8) (2 x 20 reps) * Scorpions (lay on stomach, bring foot up to opposite hand) (2 x 20 reps) * Sitting back twist stretch (sitting up, bend one leg and cross over other, use leg for leverage and twist back in the other direction to stretch your side and back) * Standing shoulder stretch (bring arm across body and stretch side/back of shoulder) (2 x 20s) * Overhead triceps stretch (bend elbow and bring arm overhead and back (as if you were trying to scratch your back going over your shoulder) (2 x 20s) |
| **Link to Drill:** [**http://www.therapeuticassociates.com/events/general-dynamic-warm-up-baseball/**](http://www.therapeuticassociates.com/events/general-dynamic-warm-up-baseball/) |