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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)
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| **Link to Drill:** [**http://www.therapeuticassociates.com/events/general-dynamic-warm-up-baseball/**](http://www.therapeuticassociates.com/events/general-dynamic-warm-up-baseball/) |