

President's Day Pitching Camp

EXTENDED Warm - Up

Ages 13 - 18

Sleeper Stretch — The sleeper stretch is a great flexibility stretch for the shoulder joint. It will help increase flexibility. In this stretch, we want to lay flat on the ground — on our throwing arm side!! We want to have our throwing arm at a 90 degree angle with our shoulder and elbow even (as seen in picture #1). When performing the stretch, we want to take our opposite hand and push our throwing arm down to the ground. Make sure your palm is down (as seen in picture #2). Your ear should touch your shoulder and your shoulder should stay on the ground the whole

time! Create resistance until you feel the stretch. Over time, you will be able to create more



flexibility.

The following stretches are to be done with bands! I highly recommend the **Jaeger Bands**. They are the most used bands in all of baseball. These are also the same bands you will see in my facility! If you have any questions about which ones to get, please let me know.

1. Flies —
 - a. Forward x10-15
 - b. Backward x10-15

During the Cord Fly stretch, we want to make sure that our legs are shoulder width apart and that we have an athletic base. We want to have our chest popped out and our shoulders back. Our head stays up with a good posture. During the Forward Fly, we are going to start with our arms out to the side and bring them together in the middle of our chest. This will help us feel a stretch in our chest. For the Reverse Fly/Backward Fly, we are going to face the fence/cords and we are going to start with our arms straight out in front of our chest. We will then pull our arms apart to our side to feel a stretch in our back.

These stretches are shown on the VIDEO.

2. Elbow Up —
 - a. Internal Rotation x10-15
 - b. External Rotation x10-15

For the Internal Rotation exercise, you are going to start with your non-throwing arm across your body and your throwing shoulder and elbow even at a 90 degree angle. You are then going to take your throwing arm and touch your throwing hand to your non-throwing elbow. It is very similar to the sleeper stretch with a band.

For the External Rotation exercise, we are going to start facing the opposite direction of the Internal Rotation exercise. We are going to start this exercise where we finish the Internal Rotation exercise. Our non-throwing arm is under our throwing arm. We are going to pull our arm up to a 90 degree angle (the starting position of the Internal Rotation exercise).

These stretches are shown on the VIDEO.

3. Elbow at the Side —
External Rotation x10-15

The Elbow at the Side exercise is only done on the arm side! We want to have our arm at a 90 degree angle and our elbow touching our side. We are going to take our thumb and pull it out to the side while keeping our elbow attached to our side. This is a great exercise to work our decelerator muscles. Remember, we always want to be in an athletic position and have a very good posture with our body and our head up!

This stretch is shown on the VIDEO.

4. Throwing Simulation —
 - a. Forward x10-15

b. Reverse x10-15

The Throwing Simulation is fairly simple. We want to make sure we are starting this exercise with our arm at shoulder height ready to throw and our legs out to our stride length. We are going to shift our weight forward and simulate our throwing motion to home plate. When we flip and go from the reverse side, we want to make sure we start with our lower half at our stride length and our throwing motion starts where we would normally finish! We will then pull our arm up to our shoulder as if we were getting ready to throw. We want to make sure we are shifting our weight in our lower half again to make sure we aid in the movements.

These stretches are shown in the VIDEO.

5. A's —

- a. Forward x10-15
- b. Backward x10-15

When you are completing this exercise forward, we want to make sure we start with our hands to the side and lift them out in front. When we complete this exercise in reverse, we start with our hands in the same position and lift them back. This helps with our rotator cuff and shoulder joint.

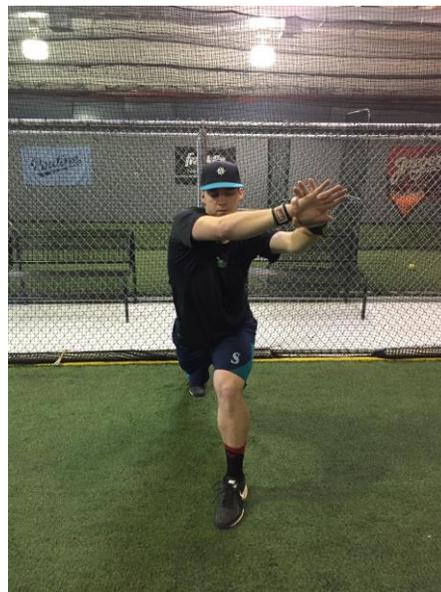
These stretches are shown in the VIDEO.

6. Lat Stretch —

- a. Front x15-20sec
- b. Across 15-20sec

When you are doing the lat stretch, we want to make sure we get out to our stride length. We are going to lift both arms straight over our head and lean our body against our throwing side (seen in picture #1). After we pitch, we should get sore in our back and lats. This means that we are using our muscles to throw instead of our ligaments and joints. Stretching our lat will allow it to activate. Activating our muscles will cause them to work more. For the Across stretch, we

want to have both of our arms out in front of us. We are going to pull our right arm across our



body to feel a stretch in the back part of our lat (seen in picture #2).