

# President's Day Pitching Camp

## Warm - Up

### Dynamic Warm - Up:

1. Forward Run — We want to start with the forward run. Make sure we are taking athletic and strong strides forward while using our arms to drive us forward. If our arms and legs are working in sync, it will allow our bodies to move faster.
2. Backward Run (Back Pedal) — When you are back pedaling, make sure you are staying low to the ground and driving your legs back as far as you can. We want to take big strides, not small choppy strides. We want to use this exercise to stretch out our hips and glutes. If we are staying tall or leaning back, we are not allowing our legs and hips to work.
3. Side Shuffle — On the side shuffle, we want to make sure we are staying in an athletic position the whole time. We want to shuffle side to side WITHOUT clicking our heels. This should help loosen our hip flexers and burn our legs a little bit. Once we shuffle one way, we need to flip around and shuffle the other way.
4. Karaoke — When doing karaoke, we want to make sure we are crossing our left leg over our right leg and then crossing our left leg behind our right leg. This exercise is to be done quickly to allow our feet to loosen up, as well as our hips. Once we complete this exercise once, we have to make sure we turn the other way and dominate with the right leg. We will then take our right leg and cross over our left leg and then cross our right leg behind our left leg. We will alternate that as we run to allow our feet and hips to loosen up.
5. Short, Quick Ankle Hops — These ankle hops are to loosen up our calves and lower leg. We want to make sure we are staying on the balls of our feet the whole time and stay close to the ground. We are hopping on each leg low to the ground. These could be considered skips that are close and low to the ground. It is a great lead-up to the Speed Skips and High Skips.
6. Speed Skips — These are low skips. Closer to the ground. These are to be done quick but we want to make sure we are still skipping the right way.
7. High Skips — These are explosive skips. We are looking to step with our left leg and skip as high up as we can. When we land, we then step with our right leg and skip as high up as we can. Repeat this for the desired number of reps.
8. "Over The Hurdle" Groin Stretch — Forward & Backward — Start with your hands on your head and stand with a good posture. Step forward and lift your right leg up and over the hurdle. Do the same thing with the left leg. We want to make sure we are properly stretching our groins

because that specific part of our body is twisting and torquing as we drive our legs when we pitch.

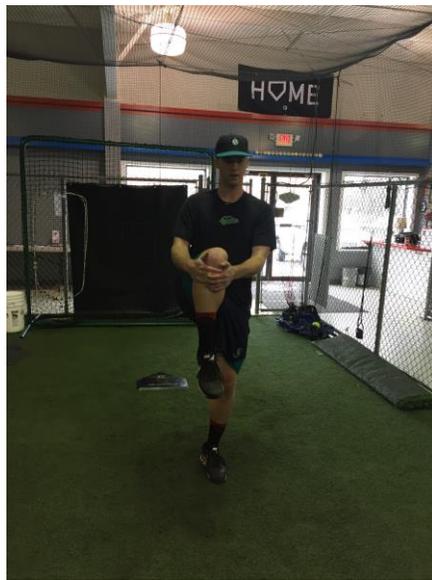
These warm-up activities should be done for AT LEAST 4-6 reps each!

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1. Knee Hugs — When performing the knee hug stretch, we want to make sure we have a good posture. Leaning forward or backward won't allow us to fully feel the stretch. Make sure we are balanced on the leg that is planted in the ground and pull your knee up to feel it in our glutes and hips.





## 2. Knee Breakers

3. Quad - Hammy Stretch — During the quad-hammy stretch, you will be stretching both legs. Right Leg — Pull your heel toward your glute. While you're doing that, you will take your left hand and touch your left toe. After doing that stretch, pull your left heel toward your left glute and touch your right hand to your right foot. This will stretch both the quadriceps (front of the leg) and your hamstrings (back of the leg).



4. Side Lunge & Rotate — This exercise is shown in the VIDEO.

5. Sumo Squat — When you start this exercise, we want you to have your back flat, knees bent a little bit and your hands touching your toes (as seen in the picture on the left). When you complete the exercise, you want to squat down to 90 degrees with your legs and keep your arms inside your legs (as seen in the picture on the right).



6. Lunge & Twist — This exercise is shown on the VIDEO.

7. Reverse Lunge & Reach — This exercise is shown on the VIDEO.

These exercises should be done 5-10x each leg!

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1. Arm Circles —

Forward, Palms Down x15

Backward, Palms Down x15

Forward, Palms Up x15

Backward, Palms Up x15

When you're doing arm circles, we want to make sure our arms are straight and start at shoulder height. We always start with small ones and progressively get bigger.

This exercise is shown on the VIDEO.

2. Shoulder Touches x15

When you guys are doing shoulder touches, you want to make sure that you start with your shoulders and elbows at the same height. You are then going to bring your hands to your shoulder and back out to the starting point.

This exercise is shown on the VIDEO.

### 3. Door Knobs x15

When you are doing the “doorknob” stretch, you want your arms out as if you were starting arm circles. Instead of moving your arms with your shoulders, you are going to take both hands and continuously act as if you are opening up a door.

This exercise is shown on the VIDEO.

### 4. Touch the Sky x15

When you are completing this exercise, make sure you have a good posture and your elbows start as high as your shoulder. You are then going to take both arms and reach toward the sky.

This exercise is shown on the VIDEO.

### 5. Elbow Touches x15

When completing this exercise, we want to start the same way as if we were going to do the “Touch the Sky” exercise. Instead of lifting our arms to the sky, we are going to bring our arms in front of our body and touch our elbows.

This exercise is shown on the VIDEO.

### 6. Arm Flaps x15

When you are doing the arm flap exercise, we want to start the same way as the “Touch the Sky” exercise and the “Elbow Touches” exercise. From that position, we are going to turn our arms and palms toward the ground.

This exercise is shown on the VIDEO.

### 7. Supine Stretch x 15

This is the most complex stretch to explain because we want to make sure we get to the right position every time. We want to start with our elbows close to our hip, palms facing the sky and arms at a 90 degree angle. From there, we are going to keep our elbows at our side and push our thumbs to the side.

This exercise is shown on the VIDEO.

### 8. “Hug Yourself” x15

This exercise is fairly simple. It is also known as “Back Smackers”. We start with our arms out like a 'T'. Both arms hug your body. Move at a fairly quick pace. Make sure you alternate what arm is over the other.

This exercise is shown on the VIDEO.

#### 9. Alligators x15

Alligators are a simple exercise to stretch out the front of the shoulder and the chest. We start with our arms straight out in front of our body with our palms touching each other. We then ‘open up our alligator mouth’ as far as we can and then ‘chomp the alligator mouth together’. Alternate arms — one arm on top of the other. This will allow you to stretch the front and back of your shoulder joint.

#### 10. Elbow Over the Head x15

This exercise helps stretch out the tricep and the lat muscle. When we pitch, we want our legs and out back muscles to be sore the next day. Stretching out these muscles before we throw, will allow them to activate. We want to make sure we pull our arm over our shoulder and have our palm touching our back. We then take our other arm and pull the tricep of the arm that is



stretching. Hold this stretch for 15-20sec and then switch arms.

#### 11. Arm Across Chest x15

This stretch is a very common stretch for a lot of teams and it is as simple as it sounds. We want to take our right arm and pull it across our chest. To get the most benefit out of this stretch, we want to keep our elbow as high as our shoulder when we put our arm across our chest. We take our

left hand and pull the right elbow to get the full benefit of the stretch. Once we hold that for 15-



20sec, we switch arms and stretch the left arm the exact same way.

#### 12. Forearm Stretch —

Palm Out, Fingers Up x15-20sec

Palm Out, Fingers Down x15-20sec

When completing this stretch, we want to make sure our arm is straight out in front of us and that it is in a direct line with the shoulder. For the Palm Out, Fingers Up stretch, put your hand out as if you were trying to get someone to stop! We face our palm straight out in front of us and pull our fingers back. This will help stretch out our forearm and elbow. Hold this stretch for 15-20sec and then switch arms. For the Palm Out, Fingers Down stretch, put your arm straight out in front of you and pull your fingers toward your body. This stretch helps stretch out our forearms and

elbow; especially our muscles that help us pronate. Hold this stretch for 15-20sec and then switch arms.

