

## Tips for Preventing Sliding Related Injuries

Every good baseball player knows the importance of the slide technique, because sliding can make a huge difference in being called out or safe on a close play. While sliding may increase your chances of getting the base, it can also increase your opportunity for injury. *In fact, sliding improperly accounts for majority of baseball related injuries such as fractures, sprains and concussions.* There is a real art to mastering the baseball slide, which takes concentration and practice. Below are a few tips that ensure you remain injury free.

- Always take time to stretch and warm up properly. Stretching can help you maintain flexibility and strength as well as help you avoid lower ligament injuries.
- Start with whichever leg feels more comfortable and tuck your leg beneath the other one, and keep the opposite leg forward.
- Begin your slide 3-5 feet away from the targeted base. By doing this you can avoid sliding too early or too late.
- Keep your eyes on the base, not the defensive player. Doing so will allow you to properly judge the distance to the base.
- Always keep your hands up during a slide. By keeping your hands raised, you can avoid injuries to your hands, wrist and fingers.

