

# Pre game / Pre Practice Warm-Up

**The Objective:** To get yourself and/or your team truly ready to pick up a baseball and play the game hard with less risk of injury.

**The Challenge:** We have a standing rule for all practices and pre-games on teams coached: you never pick up a baseball to throw it until your entire body is ready to handle the strain. We want to see a mild sweat coming from the pores before you start throwing.

That's a tough rule to enforce when a new season begins. There will always be players who show up, grab a ball and start throwing as if that's all there is to baseball ...and without realizing that a cold arm is a soon-to-be-injured arm. So we insist when necessary. On the lessons that follow, we will outline the sequence and structure that has worked for us for many years. *While there is a focus on arm/core prep, it's not just for pitchers and catchers but all players.*

## ELEMENT / PURPOSE / DURATION

### **Light Jog**

Just to get the body loose, as soon as the cleats are on - from the dugout to the foul pole and back. Get water before proceeding. 1 min. or less

### **Arm Circles**

To move from linear resistance (tubing) to dynamic, circular movement. Hold 2 or 3 balls in each hand, go clockwise and counter, with palms up and palms down. About 2 mins, 10 rotations per position. **Line**

### **Work**

To engage the lower body, all players on outfield foul line, pace it out even with 2nd base. Start with simple ankle loosening, progress to hip-flexor strides, laterals, cross-overs, high leaps, and lunges with twist. Through multi-step sequence, 5 min.

### **Sprint Jog**

To increase core temp, to add a short-burst interval component on top of aerobic jog. Also called wind sprints or Scottish mile. Players run in a straight line, last player in line sprints to front and slows to jog, repeat until everyone has done a sprint component. Either full lap of field or across outfield from foul pole to foul pole, but must include the sprint component, not just running.

**Water Break** This can be individual or in a circle while discussing plans for the practice 2 minutes max.

## THROWING

With bodies warmed up, players now get to throw.

**One-knee throws** (10 - 15 throws)

Standing at 30', 60' (5 throws each)

Crow-hop distance (minimum 1/3rd past base-to-base distance.) (5 -10 throws each)

Finally rapid fire sequence. ( 10 throws)