



PRE-GAME WARMUP

***** WARM UPS SHOULD BE DONE PRIOR TO THROWING THE BALL*****

1. Light jog around the outfield as a group
2. Meet in the outfield after the jog and have kids in a circle with a leader in the middle
3. Start with light stretching from the head to the feet
 - Stretch the neck one way, then the other. Front and back as well... hold for 5-7 seconds each stretch
 - Shoulder rotations. Clockwise and then counter clockwise...7-10 seconds
 - Arm rotations. With arms straight out, start with small circles and gradually get bigger
 - Shoulder waves. With arms straight out to the side, bend at the elbow and wave ... 7-10 seconds
 - Trunk rotations. Clockwise then counter clockwise
 - While standing, spread the legs and lean one way to stretch the legs, then the other way, then the middle... Keeping the legs straight as possible
 - On the ground, sit with legs apart... Reach for the toes to the left for 7-10 seconds... Repeat for right side and then the middle
 - With legs together, bend and cross one leg over the other and rotate to the back for trunk and lower back stretch. Repeat opposite side
 - Ankle rotations. One way, then the other... 5 seconds each way

4. Have kids line up on the foul line in the outfield

- Walking lunges to second base line, then shuffle step back to foul line touching the ground with both hands as they shuffle... 2 times
- High knees to second base line, light jog back to foul line... 2 times
- Sprints to second base line. Have kids line up on foul line in the “steal” position and jog back to foul line... 3 times

5. Throwing

- Start with kids pairing off and on one knee approx. 5 ft from each without their gloves... holding their throwing hand elbow with the opposite hand... Light toss to their partner making sure that they use proper grip and flex the wrist
- After a few min... Move them further apart and stand them up with their gloves on... Continue with normal throwing. Slowly moving them further apart.