

Wasco Baseball Warm Up



Pee Wee: athlete age 5-6

Warmup:

- [Walking lunge](#): 1-2 x 5-6 per leg
- [Air Squat](#): 1-2 x 10
- [High Knees](#) 1-2 x 5-6/leg
- [Arm Circles](#): 1 x 10 front + 1 x 10 back
- [Bear Crawl](#): 1 x :30-1:00 work
- [Walkouts](#): 1 x :30-1:00 work
- [Leg Swings \(option for younger athlete\)](#): 1 x 10/leg
- Jog for 1-1:30 (can be done before or after warm up)

Rookie: athlete age 7

Warmup:

- [Walking lunge](#): 1-2 x 5-6 per leg
- [Air Squat](#): 1-2 x 10
- [High Knees](#) 1-2 x 5-6/leg
- [Arm Circles](#): 1 x 10 front + 1 x 10 back
- [Bear Crawl](#): 1 x :30-1:00 work
- [Walkouts](#): 1 x :30-1:00 work
- [Leg Swings \(option for younger athlete\)](#): 1 x 10/leg
- Jog for 1-1:30 (can be done before or after warm up)

Farm: athlete age 8

Warmup:

- [Walking lunge with a twist](#): 1-2 x 5-6 per leg
- [Air Squat](#): 1-2 x 10
- [High Knees](#) 1-2 x 5-6/leg
- [Arm Circles](#): 1 x 10 front + 1 x 10 back
- [Bear Crawl](#): 1 x :30-1:00 work
- [Walkouts](#): 1 x :30-1:00 work
- [Leg Swings \(option for older athlete\)](#): 1 x 10/leg
- [World's Greatest Stretch](#): 1 x 5/side
- Jog for 1-2:00 (can be done before or after warm up)

Minor: athlete age 9

Warmup:

- [Walking lunge with a twist](#): 1-2 x 5-6 per leg
- [Air Squat](#): 1-2 x 10
- [High Knees](#) 1-2 x 5-6/leg
- [Arm Circles](#): 1 x 10 front + 1 x 10 back
- [Bear Crawl](#): 1 x :30-1:00 work
- [Walkouts](#): 1 x :30-1:00 work
- [Leg Swings \(option for older athlete\)](#): 1 x 10/leg
- [World's Greatest Stretch](#): 1 x 5/side
- Jog for 1-2:00 (can be done before or after warm up)

**If your team has J bands, a very effective and quick way to warm up the shoulders and chest are pull-aparts. I would just make sure the tension is very light in the j band or resistance band. For these age groups 1-2 sets of 10-12 reps of the follow:

- [Pronated banded pull-apart](#)
- [Supinated banded pull-apart](#)
- [Overhead banded pull apart](#)