**Warm up before Practice**

Before you do any other work, get the players' muscles warm and loose. The best way to do this is by moving the body for five to 10 minutes, until the players break a light sweat. Have players run around the perimeter of the outfield and infield a few times to get that blood flowing.

**Stretching**

The next step is to incorporate some stretches that will get muscles and joints flexible and ready for the explosive movements they'll be doing during practice. While static stretches of the various muscles of the body are one way to do this, dynamic stretches -- in which motion is incorporated into the stretch -- are a better way to go as they bring more blood flow into the muscle. Start with arm circles, swinging the arms forward and then back several times to stretch the arms and shoulders. Then move to dynamic leg stretches; have players jog lightly across the field and kick their legs toward their butt to stretch the quads. When they reach the far side of the field, have them kick their legs forward, perpendicular to the rest of the body, to stretch the hamstrings and glutes.

**Throwing**

First, have the team complete the one-knee drills for their wrist snaps and release points. Then, have them stand up and start throwing. They need to remember that this isn’t a race. They should be saving their energy for practice, not firing throws to their partner. To ensure that their arms are adequately warmed up, have them move further and further apart to really stretch their arms out.

  