

WARM UP

Warming up is an important part of any program, whether it is in-season or off-season. The purpose of the warm up is to prepare the body for the activity and reduce the risk of injury. It is important that we warm up the entire body for baseball since the sport requires the transfer of power from the lower extremity to upper extremity (ie, the WHOLE body).

1. Jogging

Keep the hip, knee, ankle in alignment without knee caving in or out or feet whipping to the side. Go "pole to pole" or to centerfield and back. Goal is to get the heart rate increased.

2. Jumping Jacks

Athletic position with hips back, chest up and weight on the balls of the feet. As you jump up spread the legs and touch hands overhead. Do 10 - 15 reps.

3. Walking Lunges

Lunge forward leading with one leg. Keep your front knee over your ankle. Now push off with the opposite foot and propel that leg forward into lunge position. Ensure knee does not drop in or out. Weight over the mid foot and chest up. Repeat 10 - 15x/leg..

4. Walking Lunges with Rotations

Same idea as walking lunges except this time turn your torso and upper body in both directions while at the bottom of the lunge position. Do 10 - 15x/side.



5. High Knees

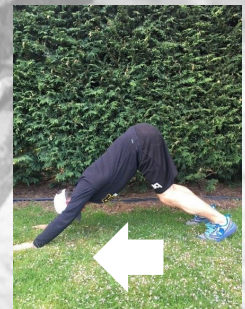
Athletic position. As you move forward lift your knee to your chest. Hug the knee for a half second before putting your foot back on the ground. Maintain balance. Do 10 - 15x/leg.

6. Gate Openers

Face forward with hips and shoulders square. Lift one knee straight up before rotating it to the side and then placing back onto the ground. Do 12 - 15x/leg.

7. Hand Walk

Bend forward at the waist with your hands on the ground. Keep back and knees as straight as possible while walking with hands/feet. Do 10 reps.



8. Yoga Push Ups

Bending forward at the waist with your hands on the ground. Keep back and knees straight while pushing shoulder blades up towards the ears. Do 10 - 15 reps.



9. Throwing Position Walk - Stationary

Position arms slightly above and in front of the shoulders. Maintain arms in that position as you walk forward/backward. Do with palms facing forward and with palms facing towards each other. Do for 30 - 60 seconds for each hand position.



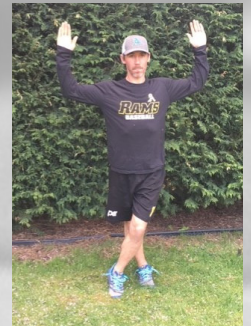
10. Throwing Position Walk - Alternating

Same throwing position. As you walk forward and backward this time alternate the arms as if simulating a throw. Do with palms facing forward and with palms facing towards each other. Do for 30 - 60 seconds for each hand position.



11. Carioca in Throwing Position

Same Throwing Position. Do Carioca while holding the arms in that position. Do 20 - 30 m facing each direction. Ensure elbows stay slightly above and in front of the shoulders. Progress to rotate the trunk and open the hips as athletes become comfortable with the exercise.



12. Sprints

Stand along the outfield line. Start in baseball position and practice sprinting at various distances (10 - 30 m) depending on position. Do 5 - 10 reps, increasing the speed of the sprint on each repetition.

SUMMARY: This simple warm up should help prepare your athlete for the various demands that baseball puts on the body. Watch your athletes as they go through the warm up to ensure they are focused on each exercise and performing quality movement. Let's help create these good habits in our young athletes to keep them healthy in the short and long term.

LOCATIONS

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