

## DYNAMIC WARM-UP FOR SPORT - BASEBALL

Proper warm-up for any sport or physical activity is important to prevent injuries and maximize our performance. Many of us have had the experience of trying to perform when we haven't warmed up properly, either not able to do our best, injuring ourselves or feeling the consequences later on.

This is even more important for sports that are highly repetitive! Like baseball! We are well into the baseball season and here are two tips to consider for the best warm-up possible:

**1. Dynamic Warm-Ups** are the best way to prepare the body for the activities to come. This means gradually warming-up with large active movements that gradually increase the heart rate and increase in intensity. The specific dynamic warm-up components are best done to mimic what is required in the sport.

*Example dynamic warm-up for baseball is:*

1. Lower body:
  - a. jogging/skipping
  - b. high knees/buttock kickers
  - c. lunges
  - d. side squats/carioca
2. Upper body:
  - a. standing trunk rotations with long arms
  - b. arm circles big and small
  - c. wrist circles and gripping/opening
  - d. rotating the whole arm like screwing in a light bulb
  - e. towel throwing drill



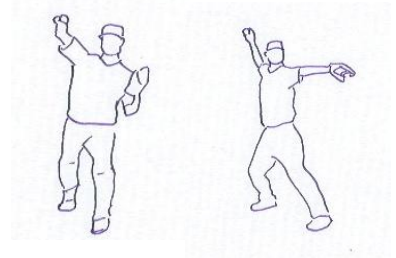
**2. A Throwing and Swinging Progression** is a great way to gradually progress to throwing at a game speed. For example, a throwing progression for baseball should start with slow half distance throws in the "field goal" position. Next try the "Rock and Fire" from  $\frac{3}{4}$  base lengths. Then gradually progress a step and throw pattern to base length and beyond.

Keeping track of how many throws can be helpful to make sure players don't throw too much and having them complete certain number of throws at each progression level.

**Field Goal**

**Rock and Fire**

A specific thing to avoid is throwing too much during the course of the season and specifically right before a game. When players arrive at the field the first thing many do is start to throw. This can lead to some players throwing far more before a game than others, often without the coach knowing how much some players have thrown.



Having players wait to throw as a whole team and limiting how many throws at each progression level can help to make sure some players aren't overthrowing before a game.

**Please contact us with questions or to help get your body moving better!**