



DYNAMIC BASEBALL WARM-UP FOR 13-15u***

(***Warm up for 9-12u use 30 ft distance for line drills)

The Dynamic Warmup should be used by all PLAY Travel Baseball teams prior to all practices and games. Pre-game warmup takes place either down the OF line or outside the ballpark if another game is going on. Players start their running on the foul line and run towards center field. When playing catch, one line of players is on the foul line, the other line of players is out from the line towards center field.

A Coach should lead this early in the season. Once players are comfortable with the dynamic warmup routine, players can lead at coach discretion.

1.) Hand Claps – 15 reps per combo

- Start with right arm up in the throwing position and left arm next to the left hip. Bring them across your body and clap your hands in the center. Return to starting position. Perform 5 reps then switch starting position. Repeat 3 times each direction for a total of 15 repetitions.

2.) Arm-Circles – clockwise – 15 reps

- Stand with your feet hip width apart and your arms out to your side at approximately a 90-degree angle, elbows straight. Bring your arms slightly forward and begin moving your arms in a clockwise circle. Start with small circles then gradually increase the size. Perform 15 reps with the top of the circle counting as one repetition.

3.) Arm-Circles – counterclockwise – 15 reps

- Repeat the same motion, only going in a counter-clockwise formation. Perform 15 reps.

For #4-14, place a coach or cone in the outfield midway between the bases (1B and 2B or 2B and 3B) to mark a distance of 45 feet (or 30 feet for 9-13u)

4.) Butt Kicks – 45 feet down and back

- In a quick-jogging motion, kick your heel towards your butt. Alternate legs each step.

5.) High-Knee Skips – 45 feet down and back

- Perform a skipping motion; focus on trying to bring your knee up to hip-height or higher. Get a good push off the stance leg to help power the movement more effectively.

6.) Side Shuffle Push-Offs – 45 feet down and back

- Squat facing towards the infield. Push off generating as much power as you are able as you shuffle down and back.

7.) Lateral-to-Forward Running – 45 feet down and back

- Perform 2 quick shuffle steps then turn and run. This motion should be similar to getting a walking lead then running to steal a base.

8.) Cariocas – 45 feet down and back

- Carioca while trying to perform equal rotation in both hips. Stay on the balls of your feet and step quickly but with control.

9.) Lunges with Toe Touches – 45 feet down and back

- Perform a walking lunge while keeping head down, touching lead foot with both arms. Alternate legs each step.

For #10-#14, have the players line up down the foul line like they are leading off from 1b and reading the movement of a pitcher in the stretch (role played by coach). The pitcher either “goes home” or steps off/picks off and the runners react accordingly.

10.) Sprint – 60% of max speed – 45 feet down and back

11.) Sprint – 70% of max speed – 45 feet down and back

12.) Sprint – 80% of max speed – 45 feet down and back

13.) Sprint – 90% of max speed – 45 feet down and back

14.) Sprint – 100% of max speed – 45 feet down and back

Pregame/Pre-practice warm ups

Arm Sequence

1. **Wrists**- 10 throws each with partner. Isolate wrist with glove to work on downward snap and stress downward direction of ball i.e. not a basketball shot
2. **Elbows**-10 throws each with partner. Cradle elbow in pocket of glove and work on 90 degree movement of elbow and continue stressing downward direction and snap of wrist. Elbow should be even or slightly above shoulder
3. **Standing T's**-10 throws each with partner. Distance 15-20 ft. dependent on age. Form throws working on reaching back and having ball facing away from target with proper follow through mechanics.
4. **Changeup**- 10 throws each with partner. Throws at $\frac{3}{4}$ base length or roughly mound distance. Work on the release and getting them comfortable throwing it to a location. Players should stay standing.
5. **Full base length**-15 throws each with partner. Stressing proper mechanics from t throws and now foot movement. i.e. nose to leather
6. **Long toss** - 5-10 throws each with partner. Distance dependent on age but try and stretch them out a little. These should not be high arcing throws – *should try to throw on a line at with maximum effort.*
7. **Walk in** - from the long toss distance walk towards each other with the first have being step behind step throws and the last half being quick release throws (similar to the action of turning a double-play at 2b).
8. **Dailies**- INFIELD no gloves, 5 rollers each to middle, forehand backhand. With gloves repeat sequence. Stressing getting rear low and fielding the ball out in front of the toes and using top hand while moving glove hand always towards the ball. Soft hands can be substituted for no glove at younger ages. OUTFIELD with partner at short distance 5 drop steps each over both shoulders. 5 grounders each rounding to baseball.

In the beginning this will take a while but as you do them more and the boys get used to them it will be able to be accomplished a lot faster. If you have a shorten warm up period you can eliminate some of the throws to get through it.