



Youth Baseball Warm-Up Program



The purpose of this warm-up program is to prevent youth injury. This warm up program should be performed before each practice or game and should take ~15-20 minutes to complete. Both the coaches and players need to understand the purpose and importance of a proper warm-up. A proper baseball warm-up should involve warming-up to throw and not throwing to warm-up. Coaches should supervise players at all times to encourage proper techniques.

Phase 1: Cardiovascular warm up

1. Run the bases: Run to 1st backwards, run to 2nd sideways, run to 3rd sideways facing the opposite side, and run home forward. Once 1st runner reaches 1st base, the second player can start running and so on.
2. Bounding -Lift the knee on the leading leg as high as possible and swing the opposite arm across the body and up over head; whole team starts spread out on 1st base foul line, finish at 2nd base. Jog back.
3. Open and close gait - Open the gate (leg brought straight up and then out - imagine stepping over something); whole team starts at 1st base foul line, finish at 2nd base. Jog back. Then do: close the gate (the opposite, outside to inside).
4. Karaoke – Standing sideways, cross your right foot over and in front of your left foot with your arms out to your sides. Step open and out to the side with your left foot, then cross your right foot behind your left foot and continue moving laterally then repeat the movement in the opposite direction; start at 1st base foul line, finish at 2nd base. Jog back.

Phase 2: UE and LE stretching

Static Stretching

1. Cross body/post capsule stretch - Bring throwing arm across body at about chest-level. Lock that arm in place and stretch it by pulling with the other arm. Hold/count for 30 seconds and repeat once.
2. Inferior Capsule Stretch – Raise throwing arm up next to ear with elbow bent behind head. With opposite hand, gently pull elbow further behind head until you feel a slight stretch on the front side of your shoulder under armpit. Hold/count 30 seconds and repeat once.
3. Hamstring – Stand with feet apart, just past shoulder width, bend at the waist, slowly reach down to your feet and touch your toes. Hold/count 30 seconds
4. Quadriceps - Reach back and grab ankle, gently pull heel back until you feel a stretch in front of thigh; use a partner if needed. Hold/count 30 seconds and repeat on opposite leg.

Dynamic Stretching

1. Small Shoulder circles / Large windmills – Stand with feet slightly wider than shoulder-width apart, knees slightly bent, Start with Small circles for 15 sec. and then Large circles 15 sec. (30 seconds clockwise, 30 sec. counterclockwise)
2. Huggers / Cross body arms swings – Swing both arms out to sides and then cross then in front of the chest; 30 seconds
3. Hamstrings/Quadriceps – Holding onto the fence, swing with a straight leg out in front of the body so that a stretch is felt in the back of the leg, then swing the leg behind the body; 30 seconds total. Switch legs.
4. Adductors – Holding onto the fence, swing the leg side to side as high as possible; 30 seconds. Switch legs.

Phase 3: Strength, Conditioning, Throwing

1. Lunge and Twist - Lunge forward with a light twist at the waist from foul line to 2nd base, jog back.
2. Lateral slide - Stand with your feet just beyond shoulder width. Get in mini-squat position, with hips back, bend the knees, and lower the body until hips are just slightly higher than your knees. Slide from foul line to 2nd base facing the infield and then return still facing the infield.
3. Throwing (can use option a or b)
 - a. Grab a partner. One person stands at 1st base foul line with other partner about 6 feet away. Toss ball back and forth. After each partner throws, take a step back. Older players (>10) proceed until they are between 90-180 feet away from each other, depending on abilities. Younger players (<10) stop when they reach 2nd base line. Players then will begin taking steps closer to each other. Players will start by 1st getting further apart and then will come closer together. Special attention should be paid to form and accuracy. Repeat for 5 min
 - b. Light throwing warm-up with a partner. Special attention should be paid to form and accuracy. 5 min

****Immediately after throwing, there is a loss of motion of the shoulder. The deceleration with pitching causes damage to the rotator cuff; and posterior shoulder muscles get tight from the trauma of throwing. To prevent overuse injury in all throwers, end each throwing session with the Cross Body Stretch for 2 sets of 30 seconds.****



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3. Open and close gait - Open the gate (leg brought straight up then outside to inside - imagine stepping over something), close the gate (the opposite, outside to inside); start at 1st base foul line, finish at 2nd base. Jog back.

Open the Gate (move in opposite direction for close the gate)



4. Karaoke – Standing sideways, cross your right foot over and in front of your left foot with your arms out to your sides. Step open and out to the side with your left foot, then cross your right foot behind your left foot and continue moving laterally then repeat the movement in the opposite direction; start at 1st base foul line, finish at 2nd base. Jog back.



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3. Hamstring– Stand with feet apart, just past shoulder width, bend at the waist, slowly reach down to your feet and touch your toes. Hold/count 30 seconds

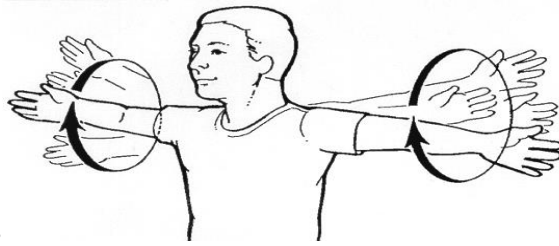


4. Quadriceps - Reach back and grab ankle, gently pull heel back until you feel a stretch in front of thigh; use a partner if needed. Hold/count 30 seconds and repeat on opposite leg.

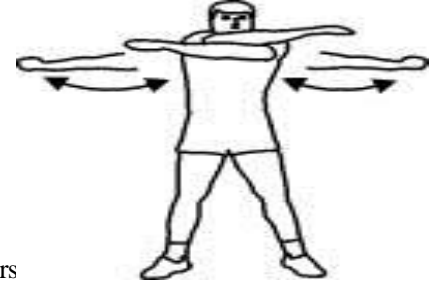


Dynamic Stretching

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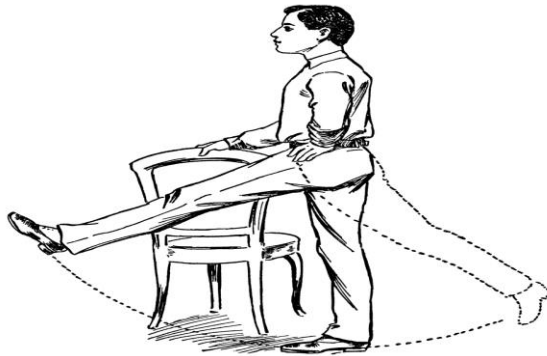


1. Windmills

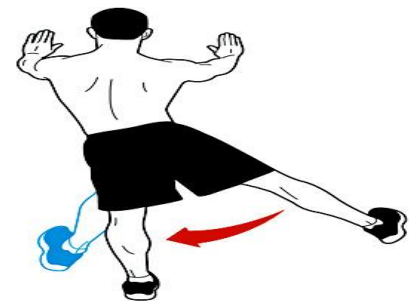


2. Huggers

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3. Hams



4. Adductors

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Phase 3: Strength, Conditioning, Throwing

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2. Lunge & Twist



2. Lateral Slide

3. Lateral slide -Stand with your feet just beyond shoulder width. Get in mini-squat position, with hips back, bend the knees, and lower the body until hips are just slightly higher than your knees. Slide from foul line to 2nd base facing the infield and then return still facing the infield. See second Picture Above.
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YOUTH BASEBALL WARM-UP PROGRAM

**A complete warm-up and training program to
prevent injuries in baseball players**



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