

Glove Exercises

1 Holding you glove in your throwing hand (see photo), raise your arm at a 45 degree angle, your arm should rise from your hip to shoulder height, repeat 10 times on throwing arm side.



2 Standing, with your glove in your throwing hand at the side of your hip, raise your glove from your side, twisting your arm in a half circle, up to the side your head and back down to your side, repeat 10 times on throwing arm side.



4 Position yourself in stride with your arm up in throwing position, snap off throws, rotating back foot and making sure to follow through with your throwing arm past the outside the front leg, repeat 10 times on your throwing arm side.

3 Standing, with your body held upright and glove in your throwing hand, raise elbow back and extend and straighten your lower arm, working the rear deltoid and triceps, repeat 10 times on your throwing arm side.



Pre-Game Warm Up

Have you ever gone to a major league baseball game early enough to see the players before the game starts? If you do, you'll see the players lightly jogging around the field and then stretching on the grass. All this is done before they even pick up a ball and throw it.

A proper pre-game warm up helps prevent injuries, and maximize your performance on the field. Stretching helps your muscles feel more relaxed, increases your range of motion and coordination, and increases the blood flow to the muscles you need to perform.

There are two different kinds of warm-ups: The general warm-up consists of activities that don't relate specifically to your baseball, such as a light jog. The specific warm-up is meant to mimic your baseball skills, allowing you to perform better on the field.

Before stretching, it's important to generally warm up your body. Since it is much easier and safer to stretch a warm muscle than a cold one, it's best to start your pre-game warm up with a light jog. Continue jogging until your body begins to sweat - this may be 3-5 minutes. After you've warmed up you can begin to stretch.

When stretching, stretch until you begin to feel a pulling sensation within your muscles. You should never feel sharp pain. If you do, tell your coach. Hold each stretch for at least 20 seconds, and never bounce while stretching any muscle.

It's important to remember that warm-up and stretching routines should be done about 15 minutes prior to the start of your game. This will insure your body does not cool down too much before you start to play. After the game, cool down with a few stretches of each part of your body. This will help prevent any tight and sore muscles the next day.

Stretches

1

Side Stretch: For spine, hips, shoulders, rib cage and breath.

Standing tall with feet together, hands over your head, lean gently to one side. Take 5 rounds of breath and repeat on the other side.



2

Standing Quad Stretch - For quadriceps and balance.

Standing tall, bend your left knee, reach back and grab your left foot or shin with your left hand. Try and keep the knees together and extend your right arm up to the sky to help balance yourself. Take 5 breaths and repeat on the other side.



3

Standing Forward Bend: For hamstrings.

Standing with feet hips width apart, slowly fold into a standing forward bend. Be sure to fold from the hips not the back. If you feel strain on the back, bend the knees slightly. Hold for 5 breaths.



4

Forward Lunge: For hip flexor, quads, ankles, thighs and hamstrings.

Right leg forward in a lunge position, left leg stays extended back (toes tucked under). Hold for 5 breaths, then straighten the right leg. Hold for 5 breaths. Be careful when your leg is straightened that you place the hands on the shin NOT against the knee. Repeat on the other side.



5

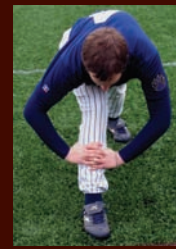
Downward Dog: For shoulders, back, calves and hamstrings.

In an upside down "V", position hand shoulders width apart, feet hips width apart. Extend your arms fully; sink the heels as close to the ground as you can, if your hamstrings feel very sore or resistant then bend your knees slightly. Hold for 5 breaths. After that, alternate calf stretches in the same position. First bend the right knee deeply as you straighten the left leg and press the left heel towards the ground. Repeat several times on each side.

b

Side Lunge: For legs, inner thigh and groin.

Start with your feet about 4 feet apart and make sure your feet are parallel to each other. Bend your right knee up to 90 degrees and lean your right elbow on the right thigh, keeping both feet flat, also keep your back flat and extended long. Hold for 5 breaths and repeat on the other side.



7

Squat: For inner thigh and groin.

Start with your feet about shoulders width apart and keeping the feet flat bend the knees as far as you can into a squat position. Bring your upper arms on the insides of your knees and hands in prayer position. Again, keep you back flat and extended. Hold for 5 breaths.



8

Lying Spinal Twist: For back.

Lying on your back, arms extended out straight from your shoulders, draw your knees into your chest and slowly let them drop to your right all the way to the ground. Look over your left shoulder. Hold for 5 breaths relaxing the back. Repeat on the other side.



9

Pigeon Stretch: For hips and quadriceps.

Starting on your hands and knees, slide your right knee forward keeping the left leg straight slide it back. Point your right thigh to a 2 o'clock angle. For beginners keep your right foot close to your left thigh, as you advance your right foot will slide closer and closer to your right hip, but to keep your hips very squared and in center. You can rest on your forearms or fully extend your arms (as shown.) Hold for 5 breaths. Bring your upper body upright and keep your legs as they are. Slowly bend your left knee and if you can, reach around and grab your left foot with your left hand, again it is very important to keep your hips squared and in center, do not sit on your right hip. Hold for 5 breaths and repeat on the other side.

