



**DYNAMIC WARMUP**

**10  
min**

**THROWING PROGRAM**

**5 - 10  
min**

**WATER BREAK**

**3  
min**

**21 OUTS**

**10- 30  
min**

**WATER BREAK**

**3  
min**



**45  
min**

**5 STEALING SECOND**

**5 STEALING THIRD**

**15  
min**

**TALK, ENCOURAGE, BREAKDOWN**

## The Dynamic Warmup | 10 Min

**About ten years ago sports scientists realized** that there is a more efficient way to warm-up than to just static stretch and count to ten. It is recommended to run kids through a “dynamic warmup” before practice and that “static stretch,” that you may be familiar with, after practice.

**Here’s a quick example of a good dynamic warmup, it works best in two lines starting on the outfield foul line:**

- jog 45 feet, jog back
- shuffle 45 feet, shuffle back
- karaoke 45 feet, karaoke back
- high knees 45 feet, high knees back
- butt kicks 45 feet, butt kicks back
- walking quad stretch 45 feet, walking quad stretch back
- leg swings 45 feet, leg swings back
- skipping leg swings 45 feet, skipping leg swings back
- lunges, side lunges 45 feet, jog back
- sprint 45 feet, sprint back

### Upper Body Stretch:

- small arm circles forward, big arm circles forward
- small arm circles backwards, big arm circles backwards
- shoulder stretch across
- tricep stretch
- arm swings high to behind you (bicep stretch)
- rotator cuff stretch on the ground (lay on your throwing arm side put arm at 90 degree angle and push hand down towards the ground).

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## Throwing Program | 5 - 10 min

### Feet Facing Partner, Finishes (5-15 feet)

I like to hold my glove hand up and put my throwing elbow on my glove, then we just extend our arm and flick the ball with backspin. This is the very end of the throw and we start with it to get our wrist warmed up and to emphasize finishing our throws from the beginning.

### Feet Facing Partner, Get To Power Position Then Throw (10 feet 5-12u) (15 feet 12-18u)

<https://youtu.be/SIkZJMvtwV0>

The video shows a guy on his knee we recommend doing yours standing with feet facing the target.

### Feet Perpendicular to Partner, Lean Back and Throw (20 feet 11 & Under) (30 feet 12-18u)

For this we fix our feet and widen them out a bit perpendicular to our target. Sort of like the step back drill in hitting we lean back into our back leg and bring the weight back to the middle as we throw.

### Feet Facing the Opposite Way, Rotate and Throw (20 feet 11 & Under) (30 feet 12-18u)

This is about developing extra rotation and torque as we warm up our hips, hip flexors, and low back.

### Walk Into Your Throw (45 feet 11 & Under) (60 feet 12-18u)

Hit him in the chest, maintain that backspin

### Shuffle and Throw (60 feet 11 & Under) (90 feet 12-18u)

### Shuffle and Throw (60-90 feet 11 & Under) (90-120 feet 12-18u)

A lot of times we start to mix in “long hops” at these positions

Outfielders should field this like a do or die play into their crow hop: [https://www.youtube.com/watch?v=pFtwsh5YX\\_I](https://www.youtube.com/watch?v=pFtwsh5YX_I)

### Shuffle and Throw (Max Distance 11 & Under) (150 feet 12-18u)

### Long Toss Sequence (12-18u Only)

This is when we continue to work back to (hopefully) 300 feet depending on our arm strength and how in shape our arm is. Just like in stretching and warming up, we don’t want to over do it if we aren’t ready. Ease into throwing long distances each season, my coaches always said it takes at least a full month of throwing every day to get the arm fully in shape.

### Work Back In

This is when we work back toward our partner and we start our pull downs

<https://www.youtube.com/watch?v=2agC6NeYNUM>

### Quick Catch

This is at about 30 feet and we want to quickly transfer, move our feet and hit our target in the chest quickly. Infielders try to not “catch” the ball like normal, rather, just let the ball hit the palm of your glove and transfer. We try not to catch the ball in our web when playing quick catch.

### Cool Down

It’s important to cool down after every intense exercise, so make a few throws nice and easy at about 30 feet to get some blood flow back into the shoulder and elbow.

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## Pitching Drill

### Towel Drill

<https://www.youtube.com/watch?v=SypTLJa7paM&list=RDCMUC8rIhLrIPcgN9E3929MaIbRQ&index=4>

### Flat Grounds

<https://www.youtube.com/watch?v=2fmVbaMN5xQ>