

dynamic warmup

An active dynamic warmup is extremely important for your flexibility, mobility and injury prevention. Standing and stretching does not prepare you for what you are about to do in your practice or game regardless of what sport you are playing. These movements will prepare you for the movements you need to make in your pitching motion. Take your entire warm up seriously! Use this as a time to get focused before your pitching workout or game. These will help you become a better mover, more athletic and able to take your pitching to another level.

Foam Roll/Lacrosse Ball/Softball
Hip Mobility Circuit (below)
Jog Down and Backpedal Back – 20 yards
Skips Forward and Backward – 20 yards
Spidermans – 10 yards
Mobility Flow (below)
Monster Kicks – in place
Knee Hug – 10 yards
Quad Stretch – 10 yards
Forward Lunge with a Twist – 10 yards
Reverse Lunge with Reach – 10 yards
Power Skips – 20 yards
Child's Pose for 30 Seconds / Thread the Needle 5x Each Arm
Single Leg Deadlift with Reach
Jump Rope for 1 Minute

Hip Mobility Circuit – 5 Each Leg

- Fire hydrants – extended leg
- Circles forward + backward
- Donkey kicks
- Alternating plank pulling elbow to knee
- Hip 90/90 rotation

Mobility Flow – 6 Total (3 Each Leg)

- Walk out into plank – downward dog with one leg reach – swing leg back into plank – spiderman left or right leg forward – reach same arm up in spider man – back to plank – inchworm
- Hold each position for 3-5 seconds

arm care

Use your Theraband I have given you to perform these exercises. I highly encourage buying a set of ArmPro Bands or J-Bands and doing the exercises they send with it. Do them before you pitch, whether it's before a game or a practice. These will strengthen the muscles surrounding your shoulder to help protect you from injury. These should be a part of your warm up routine + memorized. Pay close attention to detail + make sure you are doing them correctly. Do not rush through these! Go at a slow + controlled speed. Also, feel free to do them on days you aren't pitching.

***Before pitching practice or a game: complete 1 set of 20 for each arm on each exercise**

***For strengthening: 3 sets of 15 for each arm on each exercise**

Scapular retractions (no band)

Using a Theraband:

Internal Rotation

External Rotation

90/90 External Rotation

Band Pull Aparts

Pitching Snaps

I would also look into buying a set of Plyo Balls. We will be using them for arm care, strengthening and during pitching drills. A few places that offer 12" balls are High Level Throwing by Austin Wasserman and S2 Breakthrough. You can also find a variety on Amazon.

Using a Softball or Plyo Ball:

Upward Tosses or Laying Side Tosses

Reverse Throws

supplies needed:

1" Binder

Spin Right Spinner

Lined Ball

A net or some other set up to throw into from a short distance

Jump Rope

Highly encouraged and/or will be used in lessons: ArmPro Bands, Plyo Balls, 6-10lb Medicine Ball, Mini Resistance Band, Pull Up Assistance Band