

WHS Coaching Resource – Dynamic Stretching & Warm-up

Philosophy	<ul style="list-style-type: none"> • Establish a warm-up routine before practices and games
Dynamic Stretching Warm-up	<ul style="list-style-type: none"> • Provides a full body warm-up, increases flexibility, improves your range of motion • Remind players the importance of stretching to prevent injury • Come together as a team before practice • Have a different player lead the warm up each time

Dynamic Warm-Up Exercises

Openers

- High knee skips - See example [HERE](#)
- Butt kickers - See example [HERE](#)
- Carioca - See example [HERE](#)
- Lunge twists - See example [HERE](#)
- Lunge walk - See example - [HERE](#)

Softball Moves

- Side shuffles, big arms - See example [HERE](#)
- Squat side shuffle – infielder stance - See example [HERE](#) (This drill can vary b/w slow and fast)

Dynamic Stretches

- Piriformis stretch (opposite ankle on knee, sit) - See example [HERE](#)
- Leg pull-ups - See example [HERE](#)
- Open gate / Close gate - See example [HERE](#)
- Walking hamstring stretches - See example [HERE](#)

Static Stretches (Players can stretch together in a circle, focusing on stretches from head to toe)

- Arm / shoulder pulls
- Back scratchers
- T stretches (on ground, on back)
- Neck stretches
- Speed skaters

Sprinting

- 25/50/75/100% Speed - Focus on exploding out of the batter’s box, running through the base. Ensure players don’t slow down until after the “base”.

Suggestion

- Sliding. Have each player practice sliding (assuming they’ve been taught how to slide!)
- Plan to mix up warmup routines to keep things fresh. Introduce a pickup soccer game or dodgeball. Focus on getting the players moving and having fun!