

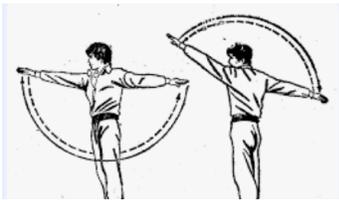
Sauk Rapids Rice Softball Warm Up

Dynamic:

Run 1 lap around the field

Complete the following exercises 60 feet (base to base distance)

Exercise	Example
Front Lunge with a Twist	
Side Lunges	
Frankenstein Walk	
6 O'Clocks	
Knee Grabs	

<p><u>Cradle Stretch</u></p>	
<p><u>Hamstring scoops</u></p>	
<p>Alternating Arm Circles (Switch Forward/Backward Halfway)</p>	
<p>Skip for Height (skip as far UP as you can)</p>	
<p>Skip for Distance (skip as far OUT as you can)</p>	
<p>2x Lead Off Sprints (pretend to lead off of 1B, then steal 2B)</p>	

Static Warm Up - In a Circle

Trunk Twists

Hold arms cross x10 sec each

Hold elbows over head x10 sec each

Small to big to small arms circles x20 sec

Variety of leg/lower body stretches while in a seated position

Any other stretches needed to feel warm

Throwing Warm Up

On a Knee:

Straight forward, elbow 90 degree wrist flicks x10 per partner

Sideways, flat U shape/palms down w/arms to 90 degree wrist flicks x10

Standing:

Sideways, no step, U shape/palms down to 90 degree wrist flick x10 (then partners back up)

No step, full motion throws till feels x5 (then partners backup)

Full throws still shorter distance (move back as arms warm up)

Long toss (outfielders do rainbow throws and many long toss)(in field do some long toss)

Quick feet (finish base distance or shorter away and complete 10-20 quick throws)

Infield Daily:

Rolls straight on x10 per partner

Rolls to forehand right foot next to glove x5

Rolls to forehand left foot next to glove x5

Rolls to back hand left foot next to glove x5

Rolls to back hand right foot next to glove x5

One hops straight on x10

One hops forehand right foot next to glove x5

One hops forehand left foot next to glove x5

One hops back hand left foot next to glove x5

One hops back hand right foot next to glove x5

Outfield Daily:

Tree:

Fly ball to the direct right side x2

Fly ball to the corner right side x2

Fly ball straight back opening to right side x2

Fly ball to the direct left side x2

Fly ball to the corner left side x2

Fly ball straight back opening to left side x2

If time:

Windy days - hips open to right x2

Windy days - hips open to left x2