



Pacifica Girls Softball League

Dynamic Stretching Routine

Updated January 2026



Introduction:

- Everything is like jumping rope. Always start with a bounce
- Important not to cover too much ground as vertical and reps are important.

Drill #1 - A Skip:

- Players bounce and bounce / skip one knee up to belt level and opposite arm up with elbows bent / hand to shoulder level. Bounce entire time/
- Coach instruction is “bounce, go” to keep rhythm.

Drill #2 - Shoulder Rolls:

- Arms parallel to the ground, walk. And roll shoulders forward in circle.
- No bounce

Drill #3 - B Skips:

- Bounce with hammer arms and leg kick out

Drill #4 - Stand and Reach

- One step, stand and reach fully extended arms backwards (like a reverse sit up). One reach per step.
- No bounce

Drill #5 - C Skips (Up Down / Out Down)

- Knee and same arm go up (hammer style), then same with knee out, alternate.
- Bounce entire time.

Drill #6 - Lunge Twist

- Low lunge with torso twist, no bounce
- After each lunge, bring back foot to front foot and repeat with opposite leg lunge.

Drill #7 - Ninja Knees

- Face backwards, bounce
- High knee and open the hip, alternate.
- Bounce entire time

Drill #8 - Lunge Side to Side

- Player side lunge, then keep front foot where it is and pivot 180 degrees and do side lunge the opposite way.

Drill #9 - Backstep Karaoke (Hips)

- Back foot / hip first, alternating, make sure hips are turning
- Arms out for balance
- Bounce entire time

Drill #10 - High Leg Kicks

- Step, high leg (parallel or higher to ground), reach hand out to touch toe, alternate
- No bounce

Drill #11 - Side Shuffle Arm Crosses

- Side shuffle inside of foot to inside of foot, arms fully extended out in via a cross each time

Drill #12 - Cha Cha Run

- Start sideways and feet move fast in the ground while starving in place (Cha Cha)
- Coach instruction - 1st “Go” = Cha Cha, 2nd “Go” = sprint to finish like stealing 2nd base.
- Following group of players move into starting position on 1st “Go” and Cha Cha on 2nd “Go”

Drill #13 - Hammer Knees / Arms

- Same knee and arm go up, fast and vertical focus vs covering ground

Drill #14 - Shuffle / Go

- Start in stealing position (right foot on imaginary base, left foot forward, weight should be more on back foot to be ready to push off.
- On 1st “Go”, big push off into side shuffle. On 2nd “Go”, all out sprint.

Drill #15 - Straight Sprint

- Start in stealing position (right foot behind base, left foot on front of base, ready to push off.
- On “Go”, players all out sprint