

Softball BC Suggested Dynamic Warm Up







Covid Flu Season:








When warming up it is important to distance yourself from your teammates by 6 ft. at all times.


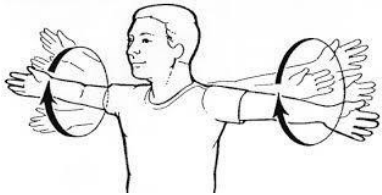
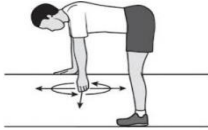
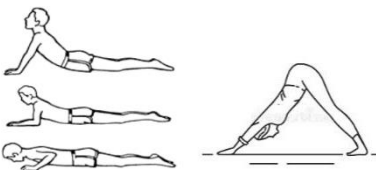


The below is a general dynamic warmup that will physically prepare you for a practice or game. While this is a good series to use prior to game or practice, you can also add this to your regular recovery routine to reduce stiffness, improve movement ability, and recover from previous training sessions (e.g. use this series on your off-training day to “feel better”).


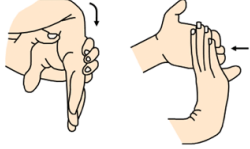



Why: Physically preparing to practice and play can have a profound impact on your ability to maximize your abilities (e.g. throw hard, sprint fast, jump high, react fast) and also has the potential to reduce injury.

How: Use a field and execute the below in series over a distance of 15-20m (e.g. 1st base to 2nd base)

Raise and activate: HR, Blood Flow, Temperature		
Light Jog	50% jog x 1 length 60% jog x 1 length 70% jog x 1 length 75% jog x 1 length	
Forward and Backward Skipping	forward skips: 60-75% x 1 length backward skips: 60-75% x 1 length forward skips: 60-75% x 1 length backward skips: 60-75% x 1 length	
High Knee Pulses	Start with light high knees, periodically add in 3-4 sec intense high knee pulses. 1 length	
Butt Kick pulses	Butt kicks involve kicking your heels back behind you to touch your buttock. The movement utilizes the hamstrings while stretching the hip flexors and quadriceps. Periodically add in 3-4 sec intense pulses. 1 length	
Lateral Slide	In a power position, push strongly with the back foot and lift the front foot like your stepping over a small hurdle. 2 lengths (one left foot push, one right)	
Carioca	In a cross-stepping movement, focus on a fast high knee drive with the back leg. 2 length (R there, Left back)	

<p>Lateral Jump to Stick</p>	<p>In a power position, push hard and jump off the back leg and stick the landing on the front foot (knees pointed same direction as toes on landing)</p> <p>2 lengths (R there, L Back)</p>	
<p>Mobilize (in place): Active Range of Motion</p>		
<p>Spiderman stretch</p>	<p>Step 1: Start in a push-up position. Step 2: Step forward with your right foot so that your forward knee is at 90 degrees. Step 3: Reach the same side elbow as forward leg down to your heel Step 4: Rotate Torso and reach arm laterally opening the chest laterally Step 5: Walk forward with your hands and repeat on the opposite side.</p> <p>1 length</p>	
<p>Forward Lunges w/ Rotation</p>	<p>Step forward into a lunge. Keep weight through your mid-back foot on your front foot and toe into the ground with the back. Keep hips perpendicular to your torso.</p> <p>1 Length</p>	
<p>Single Leg Romanian Deadlift</p>	<p>IMPORTANT: Hips must stay perpendicular to your torso (as chest falls hips need to tilt forward). Small bend in the front knee and allow the chest to fall until you feel a stretch in your hamstring. 1-2 steps forward and switch legs.</p> <p>1 length</p>	
<p>Sumo Squats Rotating</p>	<p>Rotate your toes out 15-50 degrees. Squat down and drive your knees away from each other. Knees should not be inside of the ankles (if they are narrow your stance). Take 1-2 steps between reps.</p> <p>1 length</p>	
<p>Glute/ Hammy Sweeps (or zombie kicks)</p>	<p>Plant your heel on the ground and point the toe up, with your leg straight. Sink your hips as though you are about to sit on a chair and sweep your hands low.</p> <p>1 length</p>	
<p>Lateral Lunge (back forth)</p>	<p>Step laterally and sink into your hip and knee to the lunging leg. Weight should be through your midfoot/ heel in the lunging leg. The knee should be completely straight in the non-lunging leg. Push and rotate and repeat on the other side.</p> <p>1 length</p>	

	Upper Body and Core	
<p>Bear Crawl or Bear Crawl superman's (or high plank shoulder taps)</p>	<p>Bear Crawl: Setup with wrist under shoulders and knees under hips. Knees should stay 2cm off the ground. Hips need to stay perpendicular to the torso. Crawl forward reaching with the opposite hand and leg in a slow and controlled tempo. Keep the shoulders and hips square to the ground the whole time 1 length</p> <p>Plank Shoulder Taps: Setup with wrist under shoulders and palms pressing actively into the ground (scapula/ shoulder blade pushing away from each other, protracted). Keeping hips and shoulders square to the ground slowly tap the opposite shoulder. 6-8 reps each</p>	
<p>Arm circles forward & backwards</p>	<p>Stand with your feet shoulder-width apart and extend your arms parallel to the ground. Circle your arms forward using small controlled motions, gradually making the circles bigger. Reverse the direction for the other direction. 12 sec each</p>	
<p>Arm mixer</p>	<p>Bend over at the waist with your arm hanging parallel to your legs. rotate arm in small circles in both directions. 12 sec each direction per arm</p>	
<p>Pike Arches (Mackenzie to downward dog)</p>	<p>Setup with wrist under shoulders in a push up position. Push hips back and up pressing palms hard into the ground allowing shoulders to come to ears. Hips need to be perpendicular to the torso. Come forward letting hips fall to the ground and chest tall looking both R and L over your shoulder. 8 reps.</p>	
<p>Rotator Cuff</p>	<p>With the wrist neutral and 90 degrees at both the shoulder and elbow, internally rotate your arm (palm rotating towards the ground) and hold end range for 2-3 seconds. Reverse the action and externally rotate your arm so the back of your hand reaches as far back as your mobility will allow, hold this position for 2-3 seconds. 6-8 reps</p>	
<p>Wrist extension & flexion. (no help with other hand)</p>	<p>Extend your arm in front of you with your palm up. Bend your wrist, pointing your hand toward the floor. With your other hand, gently bend your wrist farther until you feel a mild to moderate stretch in your forearm. Hold for at least 15 to 30 seconds. Repeat 2 to 4 times.</p>	

Post Workout:		
Hamstring Floor Stretch	<p>Lying with your back on the ground and legs extended. Bring 1 leg up and place a towel or band around your foot. Actively extend your knee by pushing the bottom of your foot to the sky. Hold this position for 20-30 seconds.</p> <p style="text-align: center;">2 sets x 30 sec. each</p>	
Wrist extension & flexion with aid	<p>With the opposite hand assist the stretching wrist by putting pressure on the front of the back of the fingers until you feel a stretch then reverse by putting pressure on the front.</p>	
Hip flexor Stretch	<p>Setup with the forward and back knee at 90 degrees. Tuck your tailbone and engage your glute on the side with the knee down. Hips should be stacked over your kneeling knee. To increase intensity, raise hands overhead or rotate shoulders towards the front knee.</p> <p style="text-align: center;">2 sets x 30 sec each</p>	
Spiderman Stretch	<p>Step 1: Start in a push-up position. Step 2: Step forward with your right foot so that your forward knee is at 90 degrees. Step 3: Reach the same side elbow as forward leg down to your heel Step 4: Rotate Torso and reach arm laterally opening the chest laterally Step 5: Repeat same side before switching sides</p> <p style="text-align: center;">6-8 each</p>	
Pigeon Pose	<p>Setup with forward leg with knee lateral of same side hip. Bring the leg as high as is comfortable and reach the back leg backwards. The stretch should be felt in the lateral and posterior (back) hip/ glute.</p> <p style="text-align: center;">30-60 sec each</p>	

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