

Sample Stretching Routine

(Minimum of 10 minutes)

1. 8u/10u- Jog **one** lap either foul pole to foul pole or around the field/ warning track.

12u/14u- Jog **two** laps either foul pole to foul pole or around field/warning track.

2. **At least** 5 minutes of agilities/ dynamic stretching which includes but is not limited to:

- Jumping jacks, burpees, any sort of aerobic exercise
- High knees
- Butt kickers
- Frankenstein (walk with arms extended and kick legs up to arms)
- Karaoke/Grape vines
- Shuffles (squat as if in fielding position and shuffle sideways)
- Lunges
- Side lunges
- Reach for the stars (skip while alternating reaching up with one arm)
- Back pedal jog
- Big and little arm circles
- Bear crawls, crab walks, mountain climbers, etc.
- Jog/sprint distance from base to base

3. Static stretches (20 seconds per stretch, make sure to hit each major muscle group)

- Arms- across body, overhead, **clasp arms behind back and lift up**, clasp hands in front and push forward (shoulder blades, arms extended and bend wrist backward)
- Legs- flamingos (or some sort of quad stretch), sitting toe touches (hamstring stretch), standing toe touches (calves stretch), butterflies (legs and groin)
- Back- lay flat on back and throw one leg across body, flat on back pulling one knee to your chest, playboys, cobra/seal pose, child's pose

DO NOT THROW UNTIL YOU HAVE PROPERLY STRETCHED!

As a coach, the girls' safety is in your hands and you have a responsibility to do as much as you can to ensure it. Emphasis on proper throwing mechanics and other techniques will also greatly reduce risk of injury to these athletes.

*If any player is late to practice or a game, make sure that they properly stretch and warm-up prior to participating.