



VAGSA Standardized Warm-up Routine

The Verona Area Girls Softball Association (VAGSA) has created the following warm-up routine for coaches to use with teams either prior to hosting a practice or the start of a game. Its purpose is to instill a consistent warm-up routine across teams and program. Coaches can add to or adjust this routine based on the needs of their players and team.

1. Warm-up jog around field
 2. Dynamics – Approximately 15 yards each
 - a. Toe ups
 - b. Knee grabs
 - c. High leg kicks
 - d. Forward lunge with twist

40 yard dash – 30%, 60%, and 90%
 3. Team stretch – circle with team leader

Basic stretches – count out repetitions as a group
 4. Basic throwing – divide up into pairs

Wrist snaps – 6/12 rotation, elbow above shoulder – 10

Long snaps – ball starts above head, finish at opposite knee, 6/12 rotation – 10

Form throws (scarecrow) – pick ball off shelf, overhead, finish at opposite knee – 12

Throwing – 2 steps with every throw – 15-20 depending on temperature

Quick throws – depending on age
 5. Basic fielding – stay in throwing pairs

Roll to player on knees (1 player version of 3 lines) – barehanded field, stiff wrist return (head down, bring ball in, accurate toss back)

4 quadrants drill – Player in ready position, other player tosses into upper right, left, lower left, right

Backhand/ forehand drill – depending on age

Players start in stationary forehand/ backhand position. Roll ball to forehand field, set feed to toss back. Repeat for backhand- pendulum at elbow, bring ball to opposite shoulder.
 6. Breakout team to practice routine or pre-game positional warm-up.
-