

## **Menomonee Falls Little League**

### **Warm-up & Stretching Program**

- Increase body's core temperature
- Increase body's muscle temperature
- Increasing heart rate and respiratory rate
  - This increases blood flow
    - Increases delivery of oxygen & nutrients to muscles

### **Articles:**

Bonferonni post hoc: revealed that a general warm-up and a general warm-up with dynamic stretching posted the greatest gains among all interventions. On the other hand, no warm-up and passive static stretching displayed the least results in countermovement jump performance. In conclusion, countermovement jump performance preceded by a general warm-up or a general warm-up with dynamic stretching posted superior gains in countermovement jump performance

Effects of a 4-week youth baseball conditioning program on throwing velocity

These results demonstrate that the short-term 4-week baseball conditioning program was effective in increasing throwing velocity in youth baseball players. Increased throwing velocity may be helpful for pitchers (less time for hitters to swing) and position players (decreased time for a runner to advance to the next base).

### **A review of the acute effects of static and dynamic stretching on performance.**

[Behm DG](#), [Chaouachi A](#).

School of Human Kinetics and Recreation, Memorial University of Newfoundland, St. John's, NF, A1C 5S7, Canada. dbehm@mun.ca

Generally, a warm-up to minimize impairments and enhance performance should be composed of a submaximal intensity aerobic activity followed by large amplitude dynamic stretching and then completed with sport-specific dynamic activities.

### **Warm-up and stretching in the prevention of muscular injury.**

[Woods K](#), [Bishop P](#), [Jones E](#).

### **Source**

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Injuries to skeletal muscle represent >30% of the injuries seen in sports medicine clinics. As a result, a warm-up and stretching protocol should be implemented prior to physical activity. The routine should allow the stretching protocol to occur within the 15 minutes immediately prior to the activity in order to receive the most benefit.

\*\*\*\*\*Do all of your instruction presentation prior to warming up!!!!!!!!!!!!!!!

1. General Warm up
  - Jogging around the field or to center field

2. Dynamic Warm up
  - High knees
    - i. High knees to walking lunge
  - Butt wackers
  - Hurdle walks
  - Side Shuffles
  - Knee to Chest Walks
  - Walking Toe touches
  - Walking Leg kicks
  - Cariocas

3. Static Stretching

#### UPPER BODY

- Arm Circles (Big & Small) (Forward and Reverse)
- Shoulder Across Body (keep low not to cause impingement)
- Tricep
- Forearm (flexors & extensors)

## TRUNK/LOWER BODY

- Trunk Rotations
- Groin (side to side)
- Hip Flexor
- Butterflies
- Hurdler
- Knee to Chest
- Cross Over (leg outstretched)
- Hamstring Stretch
- Quad Stretch
- Calf/Achilles

## 4. Sport Specific Warm up

- Baserunning
- Outfield drills
- Cut-offs/Relays