

# **Little League Baseball Stretching Guide**

**By: Jen Allan, CPT-NASM**

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## **Quick 5 Min. Warm-Up:**

- 20 Jumping Jacks.
- 10 Hip circles left, then right & 10 Torso rotations.
- 20 Alternating lateral lunges and touch-downs w/opposite hand.
- 20 Straight leg kicks – touch opposite toe w/opposite hand.
- 20 Runner's stretches, both left and right leg -20 ea.
- 20 Prisoner squats w/rotations.
- 10 Slow small arm circles forward, then backwards w/palms down, then repeat w/palms up.
- 10 Slow large arm circles forward, then backwards w/palms down, then repeat w/palms up.
- 10 Arm reach backs w/thumbs flipped out, then swing across shoulder line w/palms down.
- 10 Figure 8's w/palms in prayer position rotating shoulders forward, then backwards.
- 10 Figure 8's w/ hands in cusped position pulling apart & rotating shoulders forward, then backwards.
- 5 Inch-worms (walk out to plank and hold 5 sec, then walk back to standing position.)
- 10-20 Push-ups. (Start w/10, increase as season continues.)

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### 10-20 Min. Warm-Up:

- 20 Jumping Jacks.
- 10 Hip circles left, then right, & 10 Torso rotations w/feet planted.
- 20 Alternating lateral lunges and touch-downs w/opposite hand.
- 20 Straight leg kicks – touch opposite toe w/opposite hand.
- 20 Runner's stretches, both left and right leg -20 ea.
- 20 Prisoner squats w/rotations.
- 10 Slow small arm circles forward, then 10 backwards.
- 10 Slow large arm circles forward, then 10 backwards.
- 10 Figure 8's w/palms in prayer position rotating shoulders forward, then backwards.
- 10 Figure 8's w/ hands in cusped position pulling apart & rotating shoulders forward, then backwards.
- 10 Arm reach backs w/thumbs flipped out, then swing across shoulder line w/ palms down.
- 10 Scarecrows – arms in field goal position and flap down and up – like elbows are hinges. Then, do open and closes – like opening and closing a cabinet.
- 5 Inch-worms (walk out to plank and hold 5 sec, then walk back up to standing position.)
- 10-20 Push-ups on toes (start w/10, increase as season continues.)
- Cone to Cone (10 yards apart) – Walking knee hugs – clasp hands around knee and pull into chest as you walk. Do these slowly.
- Cone to Cone – Walking lunges w/ torso rotation over the front leg.
- **For Catchers** – Scorpion drills 1-2 minutes. (See note below)

## **Cardio Drills:**

**Note: Set up cones in parking lot or field 10 yards apart.**

- Run 1-2 minutes – across field and back.
- Cone to Cone – High Knees & Butt Kicks
- Cone to Cone – Lateral shuffles 1 min. (You can add in squat thrusts to add in additional core work every 2 shuffles – like a burpee w/o the jump up.)
- Cone to Cone – Cariocas
- Cone to Cone – Gorilla Runs (Lateral Leaping)
- Cone to Cone – 4 - Jog & Sprints.
- Cone to Cone – 2 - Traveling jump squats

**Note: Catcher's Scorpion Stretch.** Lay down on your back and take one leg across body to toe touch on other side. Go back and forth from left leg to right leg for 1 minute. Lay down on stomach and swing legs back and forth across your body, touching opposite side – one at a time. Arms are stretched out to side. This is an important stretch for the hip flexors.

**Note** – This is an extensive list of stretches and drills. You can mix them up and vary up the drills at practices. If you do these drills often, your team will not only avoid injury, but there is no doubt that your team will be in top condition and extremely competitive for your season.