

Warm Up

The warm up is done before each practice and each game!

- light run around ½ field (full field for u12 & up)
- line up on foul line facing the field
- butt kicks out, approximately ½ way to second
- high knees back to line
- lunge twists out
- sweeps back to the line
- have girls face the infield shuffle out
- facing infield again shuffle back
- 25%/50%/75%/100% running

Have the players form a large circle on the field, they will count out loud while stretching for the following:

- 10 arm circles each way (with both arms, 40 total)
- 10 ankle rolls each way (both ankles, 40 total)
- sitting on ground in splits (reach and hold foot for a few seconds, one foot at a time)

The players will then close in to form a tight circle where they will do the following:

- left hand on right shoulder of the girl
- to the left, right hand pulls the right foot
- up to the butt, hold stretch for 10 count
- switch sides
- right hand to left shoulder, pull left foot to butt, hold 10 count

Throwing Warm Up

- starting on knees (glove knee up) 10 wrist flicks each
(focus the girls on keeping elbow high - around shoulder level)
- one side step back 2 strides, start with hand back, ball facing away, throw and follow through, throwing hand should finish by thigh (still on knees, glove knee up), 10 throws
- same side 2 strides back, starting perpendicular to partner, hand back ball facing away, full follow through, 10 throws
- full throws - watching foot work, step with throwing hand foot sideways, plant glove foot pointing at target, elbows high & follow through, 10 throws
- same side 2 strides back, long throws, emphasize more arc on throw to hit target in the chest, 5 throws
- 2 more strides back and one more round of long throws