

# SOFTBALL WARM UP

## Warm Up

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

- light run around  $\frac{1}{2}$  the field (full field for U12 and up)
- line up on the foul line facing the field
- butt kicks out, approximately  $\frac{1}{2}$  way to second base
- high knees back to line
- lunge twists out
- sweeps back to the line
- have the 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 (on both ankles, 40 total)
- sitting on ground in splits (reach and hold foot for a few seconds, one 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 girl they are standing beside to the left
- the right hand pulls the right foot up to the butt, hold stretch for a 10 count
- switch sides and right hand on left shoulder, pull left foot up to the butt, hold stretch for a 10 count

## Throwing Warm Up

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