



Landsharks Dynamic Baseball Warm Up

The dynamic warm up should be used prior to all practices and games. Pre-game warmup takes place either down the OF line or outside the field if another game is being played. Players start their running on the foul line and run towards center field (until reaching even with 2B). When playing catch, one line of players is on the foul line, the other line of players is out from the line towards center field.

1.) **Hand Claps** – 10 reps per combo

- Start with right arm up in the throwing position and left arm next to the left hip. Bring them across your body and clap your hands in the center. Return to starting position. Perform 5 reps then switch starting position. Repeat 3 times each direction for a total of 15 repetitions.

2.) **Arm-Circles – clockwise** – 10 reps

- Stand with your feet hip width apart and your arms out to your side at approximately a 90-degree angle, elbows straight. Bring your arms slightly forward and begin moving your arms in a clockwise circle. Start with small circles then gradually increase the size. Perform 15 reps with the top of the circle counting as one repetition.

3.) **Arm-Circles – counterclockwise** – 10 reps

- Repeat the same motion, only going in a counter-clockwise formation. Perform 15 reps.

For #4-14, place a coach or cone in the outfield midway between the bases (1B and 2B or 2B and 3B) to mark a distance of 30 feet.

4.) **Butt Kicks** – 30 feet down and back

- In a quick-jogging motion, kick your heel towards your butt. Alternate legs each step.

5.) **High-Knee Skips** – 30 feet down and back

- Perform a skipping motion; focus on trying to bring your knee up to hip-height or higher. Get a good push off the stance leg to help power the movement more effectively.

6.) **Lunges with Trunk Rotation** – 30 feet down and back

- Perform a walking lunge while keeping head down, touching lead foot with both arms, finishing with trunk rotation left to right or vice versa. Alternate legs each step.

- 7.) **Beast Pose** – Player assumes the “on all fours” position, repeat 2x on both sides
 - Start with lifting the right leg out (dog on a fire hydrant), roll out the hip 5 times, reach back and touch your butt to the opposite heel, hold for 10 seconds, bring right leg up to tripod position, hold for 10 seconds, repeat on opposite side.
- 8.) **Side Shuffle Push-Offs** – 30 feet down and back
 - Squat facing towards the infield. Push off generating as much power as you are able as you shuffle down and back. **DO NOT CLAP FEET TOGETHER!**
- 9.) **Lateral-to-Forward Running** – 30 feet down and back
 - Perform 2 quick shuffle steps then turn and run. This motion should be similar to getting a walking lead then running to steal a base.
- 10.) **Cariocas** – 30 feet down and back
 - Carioca while trying to perform equal rotation in both hips. Stay on the balls of your feet and step quickly but with control.

For #11-#14, have the players line up down the foul line like they are leading off from 1B and reading the movement of a pitcher in the stretch (role played by coach/player). The pitcher either “goes home” or steps off/picks off and the runners react accordingly.

- 11.) Sprint – 70% of max speed – 30 feet down and back
- 12.) Sprint – 80% of max speed – 30 feet down and back
- 13.) Sprint – 90% of max speed – 30 feet down and back
- 14.) Sprint – 100% of max speed – 30 feet down and back