

DYNAMIC STRETCH ROUTINE

Players should begin their Dynamic Stretch with a light jog to Centerfield and back to the Foul Line

***Each Stretch can be adjusted based on time**

- High Knees (down and back)
- Butt Kickers (down and back)
- Power Skips (down and back)
- Frankensteins (opposite arm/opposite leg)
- Knee to chest (three steps in-between)
- "Cradle" (three steps in-between)
- Pull toe to glute (three steps in-between)
- Lunges (forward and backward)

ARM STRETCHES

- Arm Circles (small, bigger, biggest) Forward and Backward
- Rotators w/ 5 second holds (3-5 reps)
- Four Corners Forearm Stretch w/ 5 second holds (3-5 reps)