

# Warm-up Routines for Youth Baseball Players

One of the most important routines for baseball players is a good warmup routine. Properly warming up reduces the player's risk of injuries and also prepares them mentally and physically for the stresses of competition. Coaches should instill a proper warmup routine for the entire team to follow before every practice and game.



***Note for all stretches: stretching should never result in any pain. Do not force a joint or muscle into any painful ranges. In the event of any pain, back off the stretch and/or discontinue the stretch. Always consult a trained medical professional prior to physical exercise or in the event of any discomfort.***

1. **Light jog** - Jog to a flagpole, the outfield fence, or foul pole to foul pole. This is not a sprint and younger players will need to be reminded.
2. **Arm circles** - Stand with the feet shoulder-width apart and extend the arms parallel to the floor. Circle the arms forward using small controlled motions, gradually making the circles bigger until you feel a light stretch in your triceps. Reverse the direction of the circles when ready.
3. **Trunk rotations** - Players place feet in a wide stance, hands extended to the sides and parallel to the ground. Rotate the upper body to the right, then rotate to the left. With each successive rotation, players should try to go a little bit further. Recommended: 3 to 5 times.
4. **Standing quad (thigh) stretch** - Raise one foot behind him/her. Using the hand on the same side of the body, he/she should pull the foot up toward the buttocks, stretching the thigh. Keep the knees close. Hold for 20 seconds, then release. Repeat several times. Switch legs.
5. **Seat straddle lotus** - Have the player sit down with the soles of their feet together in front of him/her, pressing knees to the floor. Place the forearms on the inside of the knees and push down as the child leans toward the ground. Lean forward from the hips. Hold for 20 seconds. Repeat several times.
6. **Hamstring stretch** - Sit on the floor with one leg out straight. Bend the other leg at the knee and position the sole of that foot against the opposite inner thigh. Extend the arms and reach forward over the straight leg by bending at the waist as far as possible. Hold this position for 10 seconds. Relax. Repeat with the other leg.

7. **Triceps stretch** - Place your hand on your upper back with the elbow bend towards the ceiling. Use your other hand to pull the elbow towards your head. Hold for between 10 and 30 seconds. Switch sides and repeat.
8. **Posterior Shoulder Stretch** - Stand upright and cross one arm across your body. Using the opposite arm, pull the elbow of the arm being stretched towards the opposite shoulder. Hold for between 10 and 30 seconds. Switch sides and repeat.
9. **Anterior Shoulder Stretch** - Stand upright with the back straight. Clasp your hands behind your back. Slowly lift your hands away from the back and up towards the ceiling. Hold for between 10 and 30 seconds.
10. **Short-toss throwing** - One player stands along the foul line in the outfield. A partner-player goes into the outfield at a close distance to play catch. Focus should be on proper mechanics and aim. Arm strength should not be a priority.
11. **Long-toss throwing** - As players' arms warm up, begin to lengthen the distance between the two players up to a maximum of 80% of a player's longest throwing distance.

The sources below have been copied in whole or in part during the creation of this document:

- <https://baseballboom.com/baseball-pregame-warmup-routine/>
- <https://www.choc.org/programs-services/rehabilitation/stretching-exercises-help-prevent-sports-injuries/>
- <https://www.verywellfit.com/hamstring-stretches-2696359>
- <https://www.sportsinjuryclinic.net/rehabilitation-exercises/stretching-exercises/shoulder-stretching>