

PRE-GAME WARMUP SERIES – 57 BASEBALL

RECOMMENDED USE BASED ON TIME:

- 0-5 MINUTES – JAEGER BANDS, ARM CIRCLES
- 5-10 MINUTES – HIP ACTIVATIONS, JAEGER BANDS, ARM CIRCLES
- 10-15 MINUTES – HIP ACTIVATIONS, JAEGER BANDS, ARM CIRCLES, SHOULDER SERIES – PEAVYS OR GREENIES1
- 15-20 MINUTES – HIPS, JBANDS, ARM CIRCLES, SHOULDER SERIES – PEAVYS OR GREENIES1, SOCK SERIES
- 20-25 MINUTES – HIPS, JBANDS, ARM CIRCLES, SHOULDER SERIES – PEAVYS OR G1 & NOODLE/BLADE, SOCK SERIES

HIP ACTIVATION

- MOBILITY SERIES TO ACTIVATE THE HIPS
- LAY OUT 4 BALLS / CONES ABOUT 1 YARD APART
- EXERCISES
 - LATERAL (SETS: SLOW, FAST, SKIP)
 - FORWARD (SETS: SLOW, FAST, SKIP)
 - EXTERNAL ROTATION (SETS: SLOW, FAST, SKIP)
 - GO OUT ONE WAY AND BACK THE OTHER
 - INTERNAL ROTATION / ANKLE TOUCH (SETS: SLOW, FAST, SKIP)
 - GO OUT ONE WAY AND BACK THE OTHER
 - STRAIGHT LEG EXTENSIONS (SETS: SLOW, FAST, SKIP)

JAEGER BANDS

- 10-25 REPS OF EACH EXERCISE
- EXERCISES
 - DUAL ARM
 - OVER THE HEAD FOREARM EXTENSIONS
 - SIDE EXTENSIONS
 - DIAGONAL EXTENSIONS
 - FORWARD FLIES
 - REVERSE FLIES
 - SINGLE ARM
 - INTERNAL ROTATION
 - EXTERNAL ROTATION
 - ELEVATED INTERNAL ROTATION
 - ELEVATED EXTERNAL ROTATION
 - REVERSE THROWING
 - FORWARD THROWING MOTION

ARM CIRCLES

- 10 REPS OF EACH SET
- EXERCISES
 - PALMS DOWN
 - FORWARD BIG
 - FORWARD SMALL
 - BACKWARDS BIG
 - BACKWARDS SMALL
 - PALMS UP
 - FORWARD BIG
 - FORWARD SMALL
 - BACKWARDS BIG
 - BACKWARDS SMALL

SHOULDER SERIES - BLADES/NOODLES

- RECOMMENDED AGES 14-18
- 3-5 REPS OF EACH SET UNLESS NOTED
- EXERCISES

- AROUND THE WORLD (SIDE, FRONT, ACROSS)
- CLOSE THE DOOR
- PAINT THE FENCE
- RIDE THE PONY (1-3 SETS OF 10 SECONDS)
- FULL THROWS
- PROPELLORS

SHOULDER SERIES - GREENIES1

- RECOMMENDED USE
 - MAY NEED TO BUILD UP TO RECOMMENDED WEIGHT OR STAY DOWN
 - 15-18 YEAR OLDS – 32OZ (GREEN BALL)
 - 13-14 YEAR OLDS – 21OZ (BLUE BALL)
 - 11-12 YEAR OLDS – 14OZ (YELLOW BALL)
- 10 REPS PER SET
- EXERCISES
 - DROPS – SIDE
 - DROPS – FRONT
 - DROPS – ACROSS
 - TOSS UPS
 - PADDLES
 - PARTNER TOSS
 - TRAMPS (IF AVAILABLE)

SHOULDER SERIES - GREENIES2

- RECOMMENDED USE – 13-18 YEARS OLD
 - MAY NEED TO BUILD UP TO RECOMMENDED WEIGHT OR STAY DOWN
- 6-10 REPS DEPENDING ON EXERCISE
- EXERCISES
 - LAWNMOWERS
 - 15-18 YEARS – USE GREEN BALL (32OZ)
 - 13-14 YEARS – USE BLUE BALL (21OZ)
 - MARSHALLS
 - 15-18 YEARS – USE GREEN BALL (32OZ)
 - 13-14 YEARS – USE BLUE BALL (21OZ)
 - WALKING WINDUPS
 - 15-18 YEARS – 2 GREEN (32OZ), 2 BLUE (21OZ), 2 YELLOW (14OZ)
 - 13-14 YEARS – 2 BLUE (21OZ), 2 YELLOW (14OZ), 2 RED (7OZ)
 - CONNECTIONS
 - 15-18 YEARS – 2 GREEN (32OZ), 2 BLUE (21OZ), 2 YELLOW (14OZ)
 - 13-14 YEARS – 2 BLUE (21OZ), 2 YELLOW (14OZ), 2 RED (7OZ)
 - ROCKER THROWS
 - 15-18 YEARS – 2 GREEN (32OZ), 2 BLUE (21OZ), 2 YELLOW (14OZ)
 - 13-14 YEARS – 2 BLUE (21OZ), 2 YELLOW (14OZ), 2 RED (7OZ)

ARM ACTIVATION - SOCK SERIES

- USE PURPLE (5OZ), BASEBALL (5OZ), OR RED (7OZ) BALL INSIDE SOCK
- 15 REPS PER SET
- EXERCISES
 - RHTYHM THROWS – 1 SET
 - HOOK 'EM OR KOUFAX DRILL – 1 SET
- RECOMMEND ONE SOCK PER TEAM BAG (\$30 EACH)
 - INVALUABLE FOR STARTING PITCHER TO USE FOR WARMUP THROWS WHILE WAITING FOR CURRENT GAME TO END, ESPECIALLY WITH TURF FIELD GAMES AND THE QUICK TURNAROUND ON GAME TIME
 - USE TO SIMULATE LONG TOSS WARMUP THROW

POSTGAME RECOVERY SERIES (10-15 MINUTES TOTAL TIME) – 57 BASEBALL

SOCK THROWS

- 1 THROW FOR EVERY 2 PITCHES THROWN IN THE GAME
- LIGHT THROWS – 45-60' EFFORT

REVERSE GREENIE SERIES

- RECOMMENDED USE
 - 15-18 YEAR OLDS – 32OZ (GREEN BALL)
 - 13-14 YEAR OLDS – 21OZ (BLUE BALL)
 - 10-12 YEAR OLDS – 14OZ (YELLOW BALL)
- EXERCISES
 - LAWNMOWER THROWS
 - REVERSE THROWS
- 1 REVERSE THROW FOR EVERY PITCH THROWN
- SETS OF 15
- SWITCH EXERCISES EVERY 15 THROWS (SETS)

JAEGER BANDS

- DO EACH EXERCISE TO FATIGUE (REPS WILL VARY)
- EXERCISES
 - DUAL ARM
 - OVER THE HEAD FOREARM EXTENSIONS
 - SIDE EXTENSIONS
 - DIAGONAL EXTENSIONS
 - FORWARD FLIES
 - REVERSE FLIES
 - SINGLE ARM
 - INTERNAL ROTATION
 - EXTERNAL ROTATION
 - ELEVATED INTERNAL ROTATION
 - ELEVATED EXTERNAL ROTATION
 - REVERSE THROWING
 - FORWARD THROWING MOTION