



NORTH LANGLEY TRAPPERS Baseball

PRE-GAME AND PRACTICE WARMUP (45 MIN TO 1HR)

Super 7 / Tadpole / Mosquito

1. Team run (foul pole to foul pole)
2. Dynamic stretching (start on third or first baseline and end at second base)
 - a. High knee pulls
 - b. Quad pulls
 - c. High knee skip
 - d. Butt kicks
 - e. High knee Karaoke
 - f. Backward run
 - g. Trunk rotations
 - h. Arm circles
 - i. Bushwhackers
 - j. Internal/external rotations
3. Throwing (core four)

Game only: (practice you will go into your drills)

4. Fielding (ground balls/fly balls)
 - a. Ground balls – straight on, backhand, forehand and end with slow rollers (have players catch for coach)
 - b. Flyballs – 3 or 4 to each outfielder, balls in bucket – no throwing (have player catch for coach)
5. Hitting
 - a. Tee work into net
 - b. Coach whiffle ball

Notes:

Videos of stretching exercises can be found on website under the coaches' tab. The above are recommendations only but each warm up should include a variation of the samples provided ensuring that all areas of the body have been warmed up prior to games and practices. The content of the warm up should be consistent.

Videos of Core Four throwing drills can be found on website under the coaches' tab.



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