

# ZONE Performance Baseball



## Movement Prep - Dynamic Warm-Up (approx. 15-20min)

PERFORM PRIOR TO ALL THROWING SESSIONS, PRACTICES AND GAMES

**\*\*Always warm-up to throw... do not throw to warm-up\*\***

(Note: distances can be shortened if using indoor/limited space, and given specific age/level of team or group)

(Remember: Do not hold your breath. Maintain a relaxed breathing pattern throughout all exercises)

**Jog-Run** (10-20yds, forward there and return backward)

**High Knee Skipping** (10-20yds there, then easy jog back)

**High Knees/Buttkickers** (10-20yds, high knees there, and buttkickers back)

**Side Shuffle O&E** (10-20yds, face the same way there and back)

**Carioca X-Overs O&E** (10-20yds, face the same way there and back)

**Shuffle-Shuffle-Sprint** (20yds, allowing plenty of space to decelerate)

Repeat circuit 1-2x (depends on age and fitness level), gradually increasing intensity and speed of movements... remember: steady head & eyes, stay tall, good technique... practice how you want to play

**Lunge Walk with Field Goal Rotation** (10-20yds, lunge walk there with 2 controlled rotations each lunge, and return lunging backward)

**World's Best Stretch** (1x each side) (Hold each position 5sec: 1-leg balance; Spiderman lunge; Star each way; Hamstring "A"; Warrior lunge; Then return to standing... repeat on the other side)

**Monkey Flies** (Stand tall, arms straight out to side; Thumbs up/down/forward; 10sec each position)

**Arm Circles** (Keep circles relatively in front of body, rather than directly to the side; Thumbs-up position; Forward circles - small, medium, big; Backward circles - big, medium, small)

**Jumping Jacks** (x15)

**Initial Throws** **Narrow Stance** (45', 5-7 throws) (head steady, eyes level, hip/shoulder separation, O&E, strong glove, drag toe, follow through)

**Cross-Over** (45', 5-7 throws) (head steady, eyes level, hip/shoulder separation, O&E, strong glove, drag toe, follow through)

**Step Behind** (45', 5-7 throws) (head steady, eyes level, hip/shoulder separation, O&E, strong glove, drag toe, follow through)

## Cool Down – Recovery and Regeneration (approx. 10min)

PERFORM FOLLOWING ALL THROWING SESSIONS, PRACTICES AND GAMES

(Promotes the process of recovery from work performed in practice or game, so your body is better able to perform next day or next practice/game)

(Remember: Do not hold your breath. Maintain a relaxed breathing pattern throughout all exercises)

**Jog-Run** (10-20yds, forward there and return backward)

**Side Shuffle Arm Swing** (10-20yds, face the same way there and back)

**Carioca X-Overs** (10-20yds, there and back)

**Lunge Walk with Field Goal Rotation** (10-20yds, lunge walk there with 2 controlled rotations each lunge, and return backward)

**World's Best Stretch** (1x each side) (Hold each position 5-10sec: 1-leg balance; Spiderman lunge; Star each way; Hamstring "A"; Warrior lunge; Then return to standing... repeat on the other side)

**Easy Jog** (1 set poles)

## Baseball Fuel - Remember Recovery Hydration and Nutrition (very important)

Refuel within 15-20 min of completing exercise session: Carb/protein balance (ie. low fat chocolate milk) and drink water accordingly, before/during/after, to maintain hydration and also replace water lost during workouts/games