

Dynamic warm-up

- Perform a dynamic warm-up, focusing on total body warm-up
 - Ex: High knees, butt kickers, karaoke, side shuffles
 - I make sure to do some form of CNS training within dynamic – CNS more explosive movements like single leg hops, very short sprints, etc. Something to wake up my fast-twitch muscles.

Mobility work (athlete dependent)

- This will depend on the athlete
 - My go-to's are:
 - T-Spine Rotations
 - Band assisted hip airplanes
 - Cossack squats
 - Standing hip CARS
 - Various core activation exercises

Pre-throwing arm warm-up (athlete dependent)

- Here are some of the things I have in my routine. The goal of this is ultimately to get your scapulas, shoulder girdle/rotator cuff, etc. warmed up. All the muscles that support you in preventing injury and slowing the arm down after the ball is released.
 - [Band routine](#) (I do external rotation and single arm rows, focusing on scap activation)
 - Body blade (specifically focusing on activating the scapula/shoulder blade)
 - [Ball drops](#)
 - Scapular pushups
 - Bear crawls

Throwing warm up (athlete dependent)

- Many people do the following throwing progression. Mine looks different - and your athlete's may look different, depending on what they are working on:
 - Wrist flicks
 - Squared hip throws (both feet facing partner – focusing on hip/shoulder separation)
 - Figure eights
 - Standard gradual progression
- After working out to your desired distance and working your way back in to ~60 ft, I encourage “grip catch”, where you essentially throw a flat ground, using it as an opportunity to practice your pitches – potentially even practicing new pitches before bringing them to the mound