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# PRE-SEASON PLAYER PREP



# Physical Preparation

The general and specific warm-ups below provide a structured and systematic approach to physically preparing Ardsley Little League baseball and softball players for practice and games. The warm-ups are designed to address the following areas:

- Progressively prepare the player's bodies for the physical demands of baseball and softball.
- The movements within the general warm-up will challenge the player's coordination and mobility, enhancing both through focused practice and repetition.
- The general warm-up finishes with three lower body strength and power drills, which will help increase our players' explosiveness.
- The throwing warm-up progressively prepares the soft-tissue structures of the arm and shoulder for the stress of throwing before the players pick up a baseball or softball.

## **How to Use the Warm-Up Progressions**

The warm-up progressions should be conducted before players perform any baseball activity. Throwing, hitting, fielding, etc., are all high-velocity movements that place significant stress on a player's muscles, ligaments, tendons, and bones. Performing a proper warm-up before baseball activity will significantly reduce the risk of injury while enhancing a player's ability to express speed, strength, and mobility while playing baseball or softball.

## **Sequencing the Warm-Ups**

1. General Warm-Up
2. Throwing Warm-Up
3. Baseball Activity





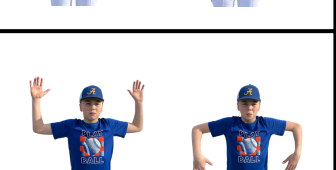
# General Player Warm Up

The general warm-up serves to increase blood flow, flexibility, and mobility prior to beginning baseball-specific activities. It should take ~3-5 minutes to complete.

Movement	Cues	Purpose	Reps
<b>Short Jog</b>	Easy jog, stay loose	Warm up the body Increase blood flow	x1 Distance of ~50yds
<b>Lateral Shuffle</b>	Stay tall Arms and legs long Reach arms overhead	Warm up and activate the muscles that control lateral motion	1x each way Distance of ~10yds
<b>Walking Knee Hug</b>	Stay tall Bottom leg straight Pull opposite knee up to chest	Warm up, lengthen, and activate the lower body	x3 each leg
<b>Walking Quad Stretch</b>	Stay tall Bottom leg straight Pull opposite heel to butt Feel stretch in quad	Warm up, lengthen, and activate the lower body	x3 each leg
<b>Walking Lunges</b>	Big step out Drop back knee Chest up	Warm up, lengthen, and activate the lower body	x3 each leg
<b>Jump Squats</b>	Quick dip and drive Be explosive! Land in half squat	Prepare the lower body for explosive movement	x5
<b>Sprint Series</b>	Lean forward knee up, toe up Drive down and back	Prepare the lower body for high-velocity running	3 sprints x 10yds 30sec between sprints

# Throwing Warm Up

Performing a throwing warm-up progressively prepares the body, specifically the arm and shoulder, for the stress of high-velocity throwing. This warm-up should be used prior to throwing, starting at the AA level.

Movement	Example	Cues	Purpose	Reps
<b>Arm Circles - Fwd, Bwd</b>		Big circles, loose arms	Warm up the shoulder	x8 each way
<b>Chest Hugs</b>		Open arms wide, close and hug your back	Warm up chest and upper back	x8 each way
<b>T's</b>		Arms long, shoulder height, thumbs up, open and squeeze shoulder blades	Activate posterior shoulder muscles	x5
<b>No Money's</b>		Arms at side, elbows 90 degrees, palms up, bring hands out wide and squeeze shoulder blades	Activate posterior shoulder and rotator cuff muscles	x5
<b>Scarecrow Wave</b>		Arms out from shoulder, elbows 90 degrees, hands facing forward, rotate hands down then back up	Activate posterior shoulder and rotator cuff muscles	x5
<b>Throwing</b>				x5 Throws @ 20 feet x5 Throws @ 30 feet x5 Throws @ 40 feet x3 Throws @ 50 feet x3 Throws @ 60 feet x3 Throws @ 60+ feet

# Pre-Season Throwing Programs

Pre-season throwing programs are designed to prepare baseball and softball players for the upcoming season by progressively building throwing tolerance and minimizing the risk of injury. The gradual progression of volume and intensity reduces the risk of overload/overuse while building arm strength, endurance, and velocity.

In the following pages, you will find pre-season throwing programs for players starting at the AA level and continuing through the Majors. T-Ball and A levels players do not yet need a throwing programs and should instead have fun playing catch in preparation for their seasons.

## **How to use the programs:**

Depending on their playing level, players should count backward from the start of their practices to align their throwing program with that date. For instance, the AA throwing program lasts 3 weeks. AA players should identify the date of their first practice and start their throwing program no later than 3 weeks before that date.

Players will throw three times a week, ensuring at least one day of rest between throwing days. It's important to rest briefly (30-60 seconds) between moving to throws at different distances (ex., moving from 30 feet to 45 feet) to minimize fatigue.

Not all players have the same throwing strength and endurance. Therefore, some players may need to make slight adjustments to their programs to suit their current level of preparedness. For example, a AAA player who finds throwing at 75 feet challenging should remain at that distance for their last two throwing sessions in week three. Thus, adjust the distance upward or downward as necessary based on throwing ability.

# Pre-Season Throwing Program

## AA Level

### Warm Up :

Players should perform the general warm-up and pre-throwing warm-up before each throwing session.

Week	Day	30 feet	45 feet	60 feet	75 feet	90 feet
1	1	1x10	1x10			
1	2	1x10	1x10			
1	3	1x10	1x10			
2	1	1x10	1x10	1x5		
2	2	1x10	1x10	1x10		
2	3	1x10	1x10	1x10		
3	1	1x10	1x10	1x10		
3	2	1x10	1x10	1x10	1x5	
3	3	1x10	1x10	1x10	1x5	

# Pre-Season Throwing Program

## AAA Level

### Warm Up :

Players should perform the general warm-up and pre-throwing warm-up before each throwing session.

Week	Day	30 feet	45 feet	60 feet	75 feet	90 feet
1	1	1x10	1x10			
1	2	1x10	1x10			
1	3	1x10	1x10			
2	1	1x10	1x10	1x5		
2	2	1x10	1x10	1x10		
2	3	1x10	1x10	1x10	1x5	
3	1	1x10	1x10	1x10	1x5	
3	2	1x10	1x10	1x10	1x5	1x5
3	3	1x10	1x10	1x10	1x5	1x5

# Pre-Season Throwing Program

## Majors+ Levels

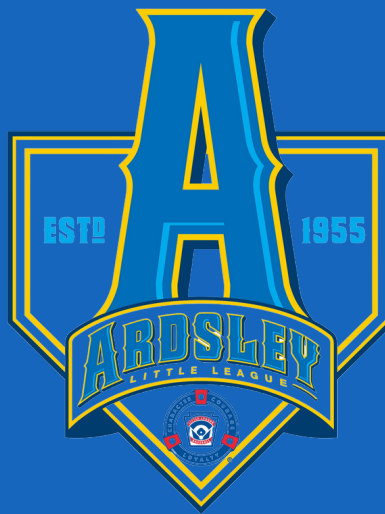
### Warm Up :

Players should perform the general warm-up and pre-throwing warm-up before each throwing session.

Week	Day	30 feet	45 feet	60 feet	75 feet	90 feet	105+ feet
1	1	1x10	1x10				
1	2	1x10	1x10				
1	3	1x10	1x10				
2	1	1x10	1x10	1x5			
2	2	1x10	1x10	1x10			
2	3	1x10	1x10	1x10			
3	1	1x10	1x10	1x10	1x5		
3	2	1x10	1x10	1x10	1x5		
3	3	1x10	1x10	1x10	1x5	1x5	
4	1	1x10	1x10	1x10	1x5	1x5	
4	2	1x10	1x10	1x10	1x5	1x5	1x5
4	3	1x10	1x10	1x10	1x5	1x5	1x5



**We thank you for your  
participation and look forward to  
a great 2025 season!**



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