



Severna Park Baseball Coaches Clinic March 16, 2008

Flexibility training can help prevent sports-related injuries and enhance performance. Flexibility is defined as the range of motion (ROM) of a joint or series of joints. Flexibility is an important aspect of any athletic program. Flexibility is influenced by a number of factors including gender, age and activity level. Flexibility is joint specific meaning it is possible to have a high level of flexibility in one joint and have limited flexibility in another.

I. Pre Practice/Competition

Prior to practice/competition most teams participate in a brief warm-up/stretching routine to prepare the body for practice or competition. Researchers have proven that connective tissue (i.e., muscles, ligaments and tendons) is better able to react to potential injury-causing forces following the application of heat and stretching. The pre-practice/competition warm-up routine often consists of primarily static stretching; therefore many athletes begin practice with minimal core body temperature elevation, and subsequently, their connective tissue is not properly prepared for practice/competition. **Elevating the core body temperature through a structured dynamic flexibility routine will increase the ROM around joints and therefore prevent injury and enhance performance.**

II. Dynamic Flexibility Exercises for Warm-up

The pre-practice/competition warm-up should be treated as an important part of every practice. **Coaches should supervise this part of practice as they would any other part of practice.** This communicates the importance of the warm-up stretching period to the players. Dynamic flexibility exercises consist of sport specific movements to help prepare the body for activity. Each exercise should emphasize movements associated with the particular sport and develop flexibility and balance necessary for that sport.

III. Dynamic Flexibility Guidelines



1. Sport specific movements emphasizing the hip musculature (i.e. hamstrings, quadriceps, hip flexors, low back, groin and hip abductors/adductors)
2. 10-15 minutes of consistent moderate-to-high intensity exercise
3. Incorporate movements in all three planes of motion: frontal (front-to-back), sagittal (side-to-side) & transverse (rotational).

IV. Dynamic Flexibility Exercises

Exercise	Progression	Progression
Linear Skip	Linear Skip (w/ Bear Hug)	
Knee-to-Chest	Knee-to-Chest (Toe Off)	Knee-to-Chest (Skip)
Hip Openers		
Hip Closers		
Alternating Toe Touch		
Frankenstein	Frankenstein (w/ Arm Swing)	Frankenstein (Skip)
Walking Quad	Walking Quad (Toe Touch)	
Figure 4's	Figure 4's (Skip)	
Lateral Skip	Lateral Skip (w/ Arm Circles)	
Lateral Shuffle	Lateral Shuffle (w/ Arm Raise)	
Carioca	High Knee Crossover	
High Knees		
Butt Kickers		

V. Sample Dynamic Warm-up Routine

Exercise	Reps	Sets
Jog - 50%	20 yds	2
Jog - 75%	20 yds	2
Backward Strides	20 yds	2
Linear Skip (with Bear Hug)	20 yds	2
Knee to Chest	10 yds	1
Knee to Chest (with Skip)	20 yds	1
Trunk Rotation	8 ea.	1
Walking Quad	10 yds	1



Golf Swing	8 ea.	1
Alternating Toe Touch	10 yds	1
Frankenstein (with Arm Swing)	10 yds	1
High Knees	10 yds	2
Butt Kickers	10 yds	2
Lateral Skip (with Arm Circles)	20 yds	2
Hip Closers	10 yds	1
Lateral Shuffle (with Arm Raise)	10 yds	2
Carioca	10 yds	2
High Knee Crossover	20 yds	2
Sprint - 100%	20 yds	2

VI. Static Flexibility Training

Static-based stretching seems to be most effective immediately following the practice/competition. Static stretching can also be used immediately following the dynamic warm-up as additional flexibility training period. **However, static stretching is not recommended as the only method for an effective pre-practice/competition warm-up.**

VII. Static Stretching Guidelines

1. Emphasis on hip musculature (i.e., hamstrings quadriceps, hip flexors, low back, groin and hip abductors/adductors).
2. 1-2 sets per muscle group
3. 20-30 seconds per stretch

VIII. Sample Static Stretch Routine

Exercise	Sets	Secs
Straight Leg Hang	1	20
Bent Knee Hang	1	20
Standing V (Middle)	1	20
Standing V (Right)	1	20
Standing V (Left)	1	20
Standing V (Lean Back)	1	20
Hip Flexor (right knee down) (raise right arm)	1	20
Hip Flexor (right knee down) (rotate right)	1	20



Hip Flexor (right knee down) (rotate left.)	1	20
Hip Flexor (left knee down) (raise left arm)	1	20
Hip Flexor (left knee down) (rotate left)	1	20
Hip Flexor (left knee down) (rotate right)	1	20
Squat (Arms Overhead)	1	20

IX. For more information on any of the topics discussed in today's clinic please contact:

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