

STRETCHING

Overview

This is a basic guide to some of the stretching drills that coaches can use start a fielding practice. Stretching is very important at every level to prevent injury. There is no chronologic order.

- **Warm up Run** -Have them go for a soft jog; make sure they jog. This is not a race just a warm up.
- **Working the hips, lower back, and outside of the thigh:** Lie flat on your back with arms at the sides. Bend the right leg, and cross it over the straight left leg at a 90-degree angle. Place your left hand on the right knee and extend the right arm straight on the ground. Gently pull into the stretch. Hold for 10 seconds and repeat with the other leg.
- **Basic Push-up:** Lie face down on the ground. Without your body touching the ground, hold yourself up with your toes (knees if strength is not there) and hands and make sure your back is straight. Hands should be even with shoulders. Drop your chest down to the ground without touching and push yourself back up. This is the basic push-up. Beginners can do it with their knees on the ground.
- **Rotating Wrist Stretch:** Place one arm straight out in front and parallel to the ground. Rotate your wrist down and outwards and then use your other hand to further rotate your hand upwards.
- **Elbow-out Rotator Stretch:** Stand with your hand behind the middle of your back and your elbow pointing out. Reach over with your other hand and gently pull your elbow forward.
- **Lying Knee Roll-over Stretch:** While lying on your back, bend your knees and lower them to one side. Keep your arms out to the side and let your back and hips rotate with your knees.
- **To stretch the hamstrings:** Stand with your legs together, arms at the side. Cross the right foot over the left foot and bend forward, dropping the arms to the floor. Hold for five seconds. Perform 10 repetitions.