

Setup		Start on OF foul line, set end line about 40 ft or 2/3 of the base path	Start on OF foul line use 2nd base as the end line	Start on OF foul line use 2nd base as the end line
Warmup Progression		8U	10U	12U+
Jog	Jog	Foul line to CF fence and back	Pole to pole - staying along the fence	Pole to pole - staying along the fence
Static/ Strength	Plank	2 sets - 10 seconds	2 sets - 15 seconds	2 sets - 20 seconds
	Side Plank		2 sets - 15 seconds	2 sets - 20 seconds
	Single Leg Balance	2 sets (1 each leg) - 10 seconds	2 sets (1 each leg) - 20 seconds	2 sets (1 each leg) - 20 seconds
	Wrist Flexion & Extension	10 seconds (5 up/5 down) each wrist	20 seconds (10 up/10 down) each wrist	20 seconds (10 up/10 down) each wrist
	Arm Circle	10 seconds forward/10 seconds backwards	10 seconds forward/10 seconds backwards	15 seconds forward/15 seconds backwards
	Arm Scissor Stretch	1 set - 10 seconds	1 set - 15 seconds	1 set - 15 seconds
	Tricep Stretch	5 seconds each side	10 seconds each side	10 seconds each side
Dynamic	Worlds Greatest Stretch			3 per side, jog to end line
	Walking Knee Hugs	2 per leg, jog to end line	3 per leg, jog to end line	
	Walking Frankensteins	2 per side, jog to end line	3 per side, jog to end line	4 per side, jog to end line
	Walking RDL	2 per side, jog to end line	3 per side, jog to end line	4 per side, jog to end line
	Lunges w/Rotation	2 per side, jog to end line	3 per side, jog to end line	4 per side, jog to end line
Movement Integration	High Knees	Half way, jog to end line	Half way, jog to end line	Half way, jog to end line
	Shuffle Switch	Half way, switch direction to end line	Half way, switch direction to end line	Half way, switch direction to end line
	Carioca	Half way, switch direction to end line	Half way, switch direction to end line	Half way, switch direction to end line
	Skips			Half way, jog to end line
	Back Pedal	Back pedal half way then rotate to jog	Back pedal half way then rotate to jog	
	Forward/Backward Quick Jog			Jog about 20 ft, back pedal 5 ft, repeat until through the end line
Neural Activation	Quick Feet to Sprint	5 quick steps in place looking ahead, sprint half way, jog to end	5 quick steps in place facing forward, sprint half way, jog to end	5 quick steps in place looking ahead, sprint half way, jog to end
	Quick Feet to Crossover Sprint		5 quick steps in place facing home plate, crossover step, sprint half way, jog to end	5 quick steps in place facing home plate, crossover step, sprint half way, jog to end