



NEW SOUTH WALES JUNIOR BASEBALL LEAGUE

For the advancement of Junior Baseball within the State of New South Wales

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Warming up

DEVELOPMENT OF SKILLS

Studies show that the higher the level of skill the lower the rate of injury. Therefore importance should be placed on the development of skills and techniques. This is achieved through baseball specific drills for throwing, hitting and running. But to ensure fitness and preparedness that will maximise this skill development there must be a regular program for:

WARMING UP, STRETCHING AND COOLING DOWN AT EVERY SESSION.

Warm up, stretching and cool down are essential components of every training session or competition. They play an important role in reducing the risk of injury.

WARM UP

Warming up

- helps prepare the mind and body for exercise
- increases body and muscle temperature
- increases the blood and oxygen supply to the working muscles
- increases flexibility

When should a baseballer warm up?

- before ALL training and competition
- as close as possible to that training or competition

How should a baseballer warm up?

1. 5-10 minutes of light activity such as jogging, incorporating dynamic and static stretching followed by ...
2. specific skills - running sprinting or training drills may also be incorporated in a warm up to save time during training.
Then ...
3. finally throwing

What is an effective warm up?

An indication of an effective warm up is a light sweat without fatigue. The effect of a warm up lasts approximately 30 - 40 minutes so it is important not to warm up too early.

H. Milewski, Physiotherapist.