

## **WARM-UP PROCEDURE**

One extremely important facet of competitive sport is the pre-game warm-up. Not only will it help you prepare psychologically for the game, but there is ample evidence that it can help reduce chances of injury as well.

In general, the closer your warm-up activities simulate game action, the more effective it will likely be as preparation for the game. Here are a few points to keep in mind when developing your own warm-up program.

### **BASIC GOALS**

- 1. Increase body temperature.*
- 2. Stretch major muscle groups.*
- 3. Mobilize major joints.*
- 4. Rehearse game activities.*

### **SYSTEM**

- develop a standard routine.
- always throw in direction of game.
- concentrate on co-ordination first.
- break sweat before throwing hard.
- throw most pitches at game distance.
- if game delayed, keep throwing.
- finish maximum 5 minutes before game.

### **PITCHES**

- throw 60 go 100 pitches in warm-up.
- throw straight pitch or "drop" until thoroughly warm.
- break sweat before throwing curve or rise ball.
- work each pitch separately until satisfied
- concentrate on control of each pitch.

### **PACE**

- start slow at short distance.
- increase distance and speed gradually.
- experiment to determine correct number of pitches for you.
- be ready to throw your best pitches when you enter the game.
- conclude warm-up immediately before taking mound.

### **DRESS**

- dress to preserve body warmth.
- keep pitching elbow covered.
- remove tight or restrictive clothes.
- do not wear jacket during warm-up.

**OTHER WARM-UP CONSIDERATIONS**

The following warm-up items deserve further attention in that they are important to your overall success.

Keep them in mind to improve your pre-game preparation.

**DRESS WARMLY**

Always wear sufficient clothing to be warm without your jacket. Many coaches also feel you should keep your pitching elbow covered regardless of the temperature, so a long sleeve undershirt is recommended.

Remove your jacket to warm up, and replace it when finished. **DRESS TO PRESERVE BODY**

**WARMTH.**

**DIRECTION**

Whenever possible, warm up in the same direction as you will be throwing in the game, as this gives you a more accurate reading on how your pitches are working. The wind has a major bearing on your stuff, so don't let yourself be fooled.

**PROPER PACE**

Pace your warm-up to coincide with the start of the game. Finish it no more than two to five minutes before you take the mound, so you don't cool down. If the game is delayed, keep throwing to stay warm.

**NEW BALL** Use as new a ball as possible to warm up. This will help you adapt more quickly to the new game ball.