

# KRETZ FILES

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## Baseball Warm-Up Routine (Dynamic Warm-Up and Throwing)

Every team has their own routine in which they prepare for a game. When I was coaching, I truly believed that routines would breed confidence. With that said, our warm-up and throwing routine was the same at practice as it was on game day.

### DYNAMIC WARM-UP

The term “Up” means the player starts on the foul line and goes towards centerfield and stops when he gets even with second base.

The term “Back” means the player starts even with second base in the centerfield area and goes toward the foul line from which he started.

The “/” used below means the player will switch warm-up movement when he is even with the pitcher’s mound (approximately 45’ from the foul line).

Here is the warm-up routine in order.

Up      high knee / backward high knee

Back    butt kick / backward reach

Up      karioka right / karioka left

Back    shuffle right / shuffle left

Up      forward lunge with a trunk twist / backward lunge with an upward and back reach to the sky

Back    Spiderman with a lockout 3 steps and do other leg / stiff-legged toe touches 3 steps and stiff leg-toe touch

Up      Facing the infield, use a coach to simulate a pitcher with the team stealing

Back    Facing the outfield fence, use a coach to simulate a pitcher with the team stealing

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## ELASTIC TUBING ROUTINE

- Each player had their own tubing
- The player would step on one side of the tubing and wrap his throwing hand around the other end. ie: Right handed thrower would step on the tubing with his right foot and have the tubing wrapped around his right hand.
- For the remainder of the tubing routine, we will use a right handed throwing player
- Tubing exercises x 10 each
  - Lateral 90 degrees with thumb down
    - Tubing under feet and in hand
    - Right hand at his side with his thumb pointing towards the outside of his right leg
    - Player will raise his arm to the side keeping the thumb pointing down
    - Player will raise to just above head level and lower the arm to his starting point
  - Lateral 45 degrees with thumb down
    - Same as 90 degrees except the player will now go 45 degrees to his front
  - Forward with thumb down
    - Same as 90 but now will take his hand directly in front of him
  - Internal Rotation
    - Player will now partner up with a teammate or tie his tubing to a pole or fence
    - Player will take his right arm and make an "L" with it as if carrying a food tray with his thumbs up and his elbow staying locked next to his ribs
    - The player will slowly edge away from his partner or pole to get tension on the tubing keeping his elbow next to his body and the hand pointing to the partner or pole
    - With tension, he will then move his arm from outside his body and pull it through to his stomach and back
    - Think - "pulling the tube in to the body"
  - External Rotation
    - Set up the same as internal above except now the player will start with his hand on his stomach and pull the tubing away from the partner or pole out away from his body
    - Think - "pulling the tube away from the body"

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## THROWING ROUTINE

### **Team Throw And Catch (Get Focused)**

This throwing drill is excellent to get your team “focused” and ready to play.

Plus it is kind of fun!

There will be a line of players on the foul line and a second line of players about fifteen yards away towards the outfield. All baseballs will be in the hand of the player on the foul line. On the command “go” the entire team will throw the baseball to their partner at the same time using the same velocity and trajectory so when the balls are caught it sounds like one “pop” of the glove.

The players in the outfield area will now throw the ball back to their partner at the same time.

When done properly, it will look like one person playing catch with another.

We would do this for a set of 10-30 seconds and repeat once or twice.

Sometimes, we would do one set and see how many consecutive reps we would do before an error.

### **Regular Throw to Long Toss**

Each station or length of throw would last close to 3 minutes each.

- Step one would have the outfield group even with the mound
- Step two would have the outfield group even with second base
  - If you were a pitcher I would have them use their change-up grip at this distance  
- great practice - throw hard with a different grip - helps get a feel for a change-up
- Step three would have the outfield group even with the outfield grass behind second base
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- Step four would have the outfield group back as needed
- Continue stepping back as needed until you have reached max throw

**Get instant access to the entire baseball warm-up routine right now.**

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**Get this exclusive high school baseball warm-up routine guaranteed to have your team mentally and physically ready to perform at their best.**

***This high school baseball warm-up routine has all your team needs to prepare like a champion. In fact, when done as explained, it can be intimidating to your opponent because I promise they aren't doing what you're doing.***

**In this High School Baseball Warm-Up Routine Bundle, you will have access to:**

- \* Game Day Procedures
- \* Warm-Up & Throwing Routine
- \* Position Specific Defensive Routine (All 9 Positions)
- \* Batting Practice Routine
- \* In & Out Fungo
- \* Player Expectations

**YES! I'm Ready!**

**Send me the [Exclusive High School Baseball Warm-up Routine Bundle.](#)**

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