

Scottsdale Little League

Guidelines for SLL Baseball Players to Improve Performance, Injury Prevention, and Improve Throwing Velocity

I understand that, prior to beginning any player health and performance program I may need approval from my physician. I represent that I am in good physical condition and do not suffer from any health conditions that would limit or prevent my participation in these programs.

I understand that my participation in these programs are voluntary and I hereby consent to participate in these programs. I acknowledge and agree that my participation in the player health and performance program and the use of any equipment while doing so may involve risk of personal injury. I assume full responsibility for all risks related to my participation. In consideration for my participation in the Scottsdale Little League player health and performance program, I agree to hold Shane Sullivan and Scottsdale Little League (SLL), its parent, subsidiaries and affiliated corporations, and its/their respective past, present, and future directors, officers, employees and agents of Scottsdale Little League harmless from all liability and claims arising out of or in connection with my participation in the SLL player health and wellness program. I hereby release and discharge Shane Sullivan and Scottsdale Little League from all liability arising out of or in connection with the player health and wellness program. I understand that I am solely responsible for any loss or injury suffered by me or my property resulting from my participation in the SLL player health and wellness program

Improving Throwing Velocity

Improving throwing velocity may be helpful for a pitcher, because the batter will have less time to make a decision as to whether or not to swing at the pitch, and may help position players, such as a catcher, infielder, or outfielder trying to throw out a runner attempting to advance to the next base.

Performing an arm care warm-up program is a time to get your muscles ready to throw and to improve throwing velocity.

You want to hit all the muscles and movement patterns that are needed to accelerate and decelerate your arm. By turning on these muscles, the body will be better prepared for the upcoming activities and throwing.

The simplest way to do this is with resistance tubing with handles. We use tubing to simply activate the muscles with low volume sets and reps of 2×10

You can attach the band to a fence. I recommend the red or green band for Little League age.

Perform this 3-minute arm warm up program prior to starting your throwing program for the day. This is our bare minimum program that we teach our athletes that are new to the concepts of preparing their body before throwing. As you can see, you don't need dozens of exercises or many sets and reps, even just performing this quick warm-up will put you in a more advantageous position to throw than most other athletes.

It is quick and easy and can be performed on the field before practice. Look out into the bullpen next time you are at a MLB game and you'll see many players performing this during the game.

The following is a 3 minute arm care program that should be performed before pitching

Mobility Drills x 10 each

- Arm Circles
- Arm Hugs
- Arm Swings
- Field Goals

Dynamic Stretches x 5 repetitions with 1-2 sec hold

- Post shoulder stretch
- Forearm stretch

Shoulder Muscle Warm-Up Exercises x 10 repetitions

- Band ER at Side
- Band IR at Side

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- Band ER at 90 degrees
- Band IR at 90 degrees
- Reverse Fly/Horizontal Abduction
- Chest Fly/Horizontal Adduction
- Reverse Throw
- Forward Throw

Effects of a 4-Week Youth Baseball Conditioning Program on Throwing Velocity Escamilla, Rafael F¹; Fleisig, Glenn S²; Yamashiro, Kyle³; Mikla, Tony³; Dunning, Russell³; Paulos, Lonnie¹; Andrews, James R^{1,2} *Journal of Strength and Conditioning Research* 24(12):p 3247-3254, December 2010. / DOI: 10.1519/JSC.0b013e3181db9f59

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