

## **Guidelines for Little League Baseball Players to Improve Performance, Reduce Injuries, 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 player health and wellness program

## **Performance Enhancement**

To improve performance such as running speed, jumping, and power, researchers recommend warming-up.

As little league coaches, why are you there: to provide your team with structure, guidance, education, and encouragement. We all certainly do just this during hitting, fielding, and throwing sessions to help prepare them for competition now and in the future, so why not in their warm-ups as well.

### **What is the best way to warm-up?**

Researchers tell us that performing a pre-practice and pre-game general warm-up and dynamic stretching improves performance more than static stretching

*Power K, Behm D, Cahill F, Carroll M, Young W (2004) An acute bout of static stretching: effects on force and jumping performance. Med Sci Sports Exerc 36:1389–1396*

### **What is static stretching?**

Static stretching is “stretching with no movement”

Based on the majority of the literature, it would seem logical to recommend that prolonged static stretching not be performed prior to athletic performance since it negatively affects speed, jumping, and power for up to 2 hours following static stretch routine

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### **What is dynamic stretching**

Dynamic stretching is “stretching with movement”

Dynamic stretching has been shown to improve performance such as speed, jumping, and power.

Therefore, the optimal warm-up to improve performance should be performed 15 min prior to the athletic event and should include the following:

1. Aerobic activity/general warm-up (running the bases, running to different positions to learn where the positions are located, running to outfield and back)
2. Dynamic stretching (movement prep)
3. Sport specific activities (throwing, batting, fielding)

*J Hum Kinet. 2012 Dec; 35: 127–132.*

*Published online 2012 Dec 30. doi: 10.2478/v10078-012-0086-5*

*Effect of Various Warm-Up Protocols on Jump Performance in College Football Players*

*Jeffrey C. Pagaduan,<sup>1</sup> Haris Pojskić,<sup>2</sup> Edin Užičanin,<sup>2</sup> and Fuad Babajić<sup>2</sup>*

*Sports Med*

*Eur J Appl Physiol* 2011 Nov;111(11):2633-51.  
doi: 10.1007/s00421-011-1879-2. Epub 2011 Mar 4.  
A review of the acute effects of static and dynamic stretching on performance  
David G Behm<sup>1</sup>, Anis Chaouachi

2007;37(12):1089-99. Warm-up and stretching in the prevention of muscular injury Krista Woods<sup>1</sup>, Phillip Bishop, Eric Jones

Let's take a look at a Dynamic Stretching Routine

A dynamic stretching routine should involve forward/backward movements, side-to-side movements, and movements with rotation for 15 yards.

Knee to Chest → High Knees

Walking Quad Stretch → Butt Kicks

Side-to-Side Stretch → Side Shuffles

Walking Lunges → Straight Leg March

Open Gate → Close Gate

High Skips

Fun Kid Stretch

<https://americanbaseballcamps.com/baseball-camps/the-abc-pre-game-stretching-routine/>

[https://manageyourleague.com/MFLL/Sites/Default/file/repository/mfll\\_streching\\_powerpoint.pdf](https://manageyourleague.com/MFLL/Sites/Default/file/repository/mfll_streching_powerpoint.pdf)