

ATHLETE CONSTRUCTION SOFTBALL  
WARM-UP SERIES



WARM-UPS					
SERIES A		SERIES B		SERIES C	
<u>General</u>	<u>Volume</u>	<u>General</u>	<u>Volume</u>	<u>General</u>	<u>Volume</u>
Skip w/ Arm Circles (fwd/bwd)	15yds	Jumping Jack Series:		3 Plane Leg Swings	6ea.
Lat. Slide w/ Arm Swings (rt/lt)	15yds	regular, split, rotational	:20ea.	Quick Skip (fwd/bwd)	15 yds
Mountain Climbers	30total	Mountain Climbers	:20	'Around The World' (clockwise/counter cw)	3ea.
<u>Specific</u>		<u>Specific</u>		<u>Specific</u>	
Forward Lunge to Knee Hug	15yds	Leg Cradle	15yds	Forward Lunge w/ Overhead Reach	15yds
Forward Skip w/ Internal Rotation	15yds	Walking Quad Stretch	15yds	Single-leg Goodmorning (hands on hips)	15yds
Straight-leg Skip	15yds	Backward Skip	15yds	High Knee Skip	15yds
Lateral Lunge (alt. sides)	15yds	Spiderman Lunge w/ Rotation	15yds	Squat Series- narrow, regular, wide	5ea.
Supine Hip Extension	10	Quadriped Hip Extension	15yds	Inch Worm- Pushup Combo.	5
Twisting Pushup	3ea.	Cobra-Childs' Pose Combo.	3ea.	Supine Hip Extension	10
Coaching Tip: Mark off 15 yds. with cones; line players up across starting line (2-3 deep); on cue players begin movements moving from cone to cone					