



# 78<sup>TH</sup> PRECINCT YOUTH COUNCIL

# Drills & Training Instructions

## BASEBALL

### ARM STRETCHING USING A TUBE BAND

Arm stretching to build strength, flexibility and endurance. Even the non-throwing arm can benefit, particularly for batting. These drills work on the rotator cuffs and the shoulder and upper back muscles. To be effective, the rest of the body should be stationary.

**Band Placement:** Loop the tube band through a chain link fence at the player's waist height. We are using a 15 lb resistance band. Loop it through the same portion of the fence twice to reduce slippage.

**Body Placement:** The further you stand from the fence, the greater the resistance. Start as close as possible while still retain minimum tension on the tube band. Resistance should be light to start and never a strain.

**Posture:** Posture is very important. The work should be done by the arms with the rest of the body and mind relaxed. Bending should be at the legs with the back straight. The rest of the body should be stationary.

#### **Repetitions:**

**Quantity:** Gradually build from 5 repetitions to 7 then to 10 overtime for each drill. You can increase the resistance (ie distance from fence) but never to the point of causing strain.

**Speed:** A tired feeling in the arm is good, never strain. Use an even rhythmical pace (not too slow or too fast), always breathing in rhythm.

**Breathing:** Breathing should be regular, deep and constant during the stretches.

A special thanks to Bulldog Sam Boorstyn for demonstrating the techniques.

## DRILLS

### 1. OVERHEAD PULLS



### 2. WING SPANS



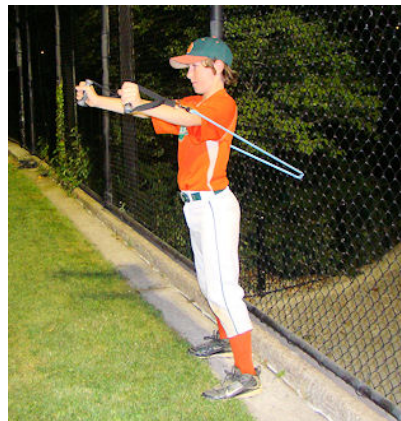
Front View



Side View



Front View



Side View

Do not touch hands in the middle – just go 90 degrees in front of the body.

### **3. LONG PULLS**

Elbows should stay level with the shoulders during the entire drill.



### **4a&b FOREHAND HINGE - ELBOWS LOCKED AT SIDE**

This drill is done twice – one for each arm. The arm should be open and be pulled toward the center of the body. The elbow should be locked at the side at all times with the other hand under it.



Repeat for the other arm.



**5a&b**

**BACKHAND HINGE - ELBOWS LOCKED AT SIDE**



Repeat for the other arm.

**6. PITCHING MOTION**

