

BSH Jan 2018

Stretching

- I. Each player will jog to the centerfield fence in pairs
- II. Stretching will be lead by the coaches until the captains have learned the exercises and are capable of leading them
- III. Players will count in the following manner captains says odd numbers players say even numbers until the exercise is complete
- IV. Exercises
 - A. Head on Shoulder Look underneath
 - B. Arm Across L and R
 - C. Elbow up R and L
 - D. Finger locked Backwards Circles
 - E. Wax on wax off (Forward and Reverse)
 - F. Touch Toes (Standing L and R)
 - G. Hurdler Stretch (L and R)
 - H. Leg Lifts (L and R Middle to End)
 - I. Water
 - J. Swing
 - K. The Tree Hugger
 - L. Swimming
 - M. Leg Kicks Same foot same hand
 - N. Leg Kicks opposite hands

