



SPARTAN SOFTBALL STRETCH SHEET

DYNAMIC VS STATIC STRETCHING

1	There are two main types of stretches: STATIC stretches and DYNAMIC stretches. STATIC stretches are those in which you stand, sit or lie still and hold a single position for period of time, up to about 45 seconds. DYNAMIC stretches are controlled movements that prepare your muscles, ligaments and other soft tissues for performance and safety.
2	DYNAMIC stretches should be used as part of your warm-up routine before any athletic event, whether competitive or not. A complete athletic warm-up should incorporate about 5 to 10 minutes of low- to moderate-intensity swimming, jogging, cycling, jumping jacks, etc. followed by DYNAMIC stretching. This form of stretching improves speed, agility and acceleration. It involves the active tightening of your muscles and moving your joints through their full range of motion throughout the stretch. These functional and sport-specific movements help increase muscle temperature and decrease muscle stiffness. DYNAMIC stretch movements should be performed over a distance of 15 to 20 yards.
3	STATIC stretching requires you to move a muscle as far as it can go without feeling any pain, then hold that position for 20 to 45 seconds. You should repeat STATIC stretches two to three times each. STATIC stretches should be used as part of your cool-down routine to help prevent injury. Using STATIC stretching as a maintenance stretching program will also help reduce your risk of injury. Using STATIC stretching in a warm-up prior to an athletic competition may actually negatively impact performance. This is because STATIC stretching may limit your body's ability to react quickly. This condition may last up to two hours in activities such as vertical jumps, short sprints, balance and reaction speeds.

	DYNAMIC STRETCHES	Video Link	Notes
1	Skips/High Skips	https://youtu.be/CvnYugoyS6k	Go forward, then backward.
2	Hamstring Floor Sweeps	https://youtu.be/iNLpTnzzD-U	Foot forward, plant heel of leg to stretch, bend opposite knee of leg being stretched down.
3	High Knees	https://youtu.be/O_A7fyi4-A	Feet hip width, torso slightly forward, stay on toes, high knees.
4	Knee Hugs	https://youtu.be/m9vsPdnG3JQ	Knee to chest, up on toe, alternate, do not bring chest to knee.
5	Ankle Pull	https://youtu.be/FI7ABCbJkgY	Remain upright, don't lean too far forward, backward.
6	Gate Openers (& Close)	https://youtu.be/YsdMpn_EJQw	Don't rush, stand tall, twist hip not entire body, be sure to both open & close.
7	Quad & Reach	https://youtu.be/yGN2Z6XkWNQ	Reach up with arm opposite leg pulled, push through hip stretched, add heel raise.
8	Lunge w/ Reach	https://youtu.be/P329P-aLyZw	Avoid knee past 90 degrees, reach with arm opposite leg forward to leg forward side.
9	Lateral Lunge	https://youtu.be/DawPqlpxqBA	Alternate sides, straight inner leg, straight back on reach forward.
10	High Kick	https://youtu.be/qzQ5qn6lWmM	Stand tall, kick leg high, extend opposite arm to try to touch leg foot at same time.
11	Figure 4s	https://youtu.be/8o2BPBB27QU	Stand tall, go slow, grab and support shin and ankle while pulling up gently, slowly.
12	Straight Leg Bound	https://youtu.be/dU2tlf4D7i4	Drive arms each jump, land soft each jump, little ground contact time.
13	Arm Swing	https://youtu.be/VFloWrzfO3g	Stand tall, don't slouch, stay in control.
14	Arm Circles	https://youtu.be/SC-6zVVMb_8	See video - this guy cracks me up.

STATIC STRETCHES

1	Standing & Seated Groin	https://youtu.be/bjEqHBg-jBE	Video link presents two types - standing and seated.
2	Seated Hamstring	https://youtu.be/wr_8aak4Wbc	One leg straight, other leg bent with foot at side of straight leg, reach or bend to foot.
3	Seated Glute	https://youtu.be/eRCpceBhcm0	One leg straight, other leg bent and over straight leg, cross with opposite arm.
4	Standing Calf	https://youtu.be/2UTroOUctil	Toes straight, step forward, leave one leg back with heel planted, push forward, feet planted.
5	Standing Quad	https://youtu.be/2_pr9-LDUSQ	Stare at a point, fold one leg behind grab ankle, pull forward with quad, back with hand.
6	Wall/Fence Lat Forward	https://youtu.be/Wazf0f3g-EE	Stand 1/3 body height away, extend arms up, bend at waist to touch wall/fence and stretch.
7	Cross Arm Shoulder	https://youtu.be/ATusi0g4SU	Hand on opposite shoulder, grab elbow with other hand or forearm, pull across front to stretch.
8	Double Anterior Shoulder	https://youtu.be/8zgm51ePvvgg	Stand tall, arms extend backwards, link fingers behind back, push arms/hands up.
9	Bicep/Tricep/Forearm	https://youtu.be/0Ejs9YRNfFM	Video link presents three types- bicep, tricep, forearm.
10	Neck, Shoulder, Upper Back	https://youtu.be/s-7lyvblFNI	Video link presents twelve different types of stretches while seated.