

3 "Do's and "Don'ts" Of Warming Up Before a Game

June 6, 2014

#1 - Do Not: Cold stretch before the game

It's been known for more than a decade that cold ("static") stretching doesn't work:

J Sports Med Phys Fitness. 2003 Mar;43(1):21-7.

Effects of running, static stretching and practice jumps on explosive force production and jumping performance.

CONCLUSION: The results indicated that submaximum **running** and **practice jumps** had a positive effect whereas **static stretching had a negative influence on explosive force and jumping performance.** It was suggested that an alternative for **static stretching** should be considered in warm-ups prior to power activities.

Do: 2 minutes of weighted jump rope.

NOTHING will warm you up quicker or better in less time.

To watch videos of proper jump rope technique,
[you can subscribe to my pitching website.](#)

#2 - Do Not: Throw to warm-up

Do: Warm-up to throw

Break a sweat with 2 minutes of weighted jump rope before you pick up a baseball and then do the 2-Knee Drill and the Step-Behind Drill.

To see videos and explanations of these 2 drills,
[you can subscribe to my pitching website.](#)

#3 -Do Not: Swing with a weighted donut on your bat

2012 research showed [several hitting aids have no effect on bat speed:](#)

Hitting Aids: Do They Really Work?

February 14, 2012

Do: Swing your bat, nothing else

Before hitting, swing your bat 5 times and wait 4 minutes. [Click here to learn why.](#)

Questions about this Newsletter?

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