Softball Warmup Tom Mackar Scc Softball

footwork **Stretch**

jog Quads with buddy support

Slide step to right side Hamstrings

Slide step to left side Low back

Crossover step to right side Calves

Crossover step to left side Groin

Drop step to right side Hip flexors

Drop step to left side Shoulders

Grounders with partner

Glove to glove, Hand to hand, Glove to hand

Ready positions - field ground balls.

Between feet, Slide step, Crossover, Forehand + (Spin), Backhand. All with accurate throws.

Fly balls with partner

Crossover step, Drop Step, 3 player relay throws