



Rawlings Tigers Stretching Routine

Mobility/Activation Drills:

- A Skip
- B Skip
- Power Skip
- Ankle Flips x 20
- Foot Fire x 20 Yards
- Inward Bound x 20 Yards
- Outward Bound x 20 Yards
- Side Shuffles x 20 Yards
- Lateral Bounds x 20 Yards
- Carioca x 20 Yards
- Carioca/High Knee Lift x 20 Yards

Dynamic/Active Stretches

- Knee Grabs 10-20
- Foot Grab 10-20
- Straight Leg Kicks 10-20
- Heel Grab 10-20
- Grass Grab 10-20
- Hip Rotation 10-20
- Arm Circles x 20
- Arm Scissors x 20
- Arm Fans x 20

Jaeger Arm Band Routine

1. Over the head Fore-arm Extensions
2. Side Extensions
3. Diagonal Extensions
4. Forward Flies
5. Reverse Flies
6. Internal Rotation
7. External Rotation
8. Elevated Internal Rotation
9. Elevated External Rotation
10. Reverse Throwing
11. Forward Throwing Motion