



Softball Cheat Sheet

Tips to be Successful On and Off the Field

Warming Up

Your warm up is just as important as your time on the field!

Benefits of warming up:

- ❑ *Decreased risk of injury*
- ❑ *Increased oxygen availability and blood flow to muscles, allowing for improved muscle performance*
- ❑ *Improved mindset, helping you to get in ~the zone~*

Warm up exercises should take 5-10 minutes before performing any physical activity

Pregame Do's and Don'ts

Do:

- ❑ *Hydrate the day before, day of, and during your game*
Opt for drinks, such as coconut water, that replenish nutrients lost from sweating when working out for >60 minutes
- ❑ *Fuel your body with healthy carbs, proteins and fats in snacks and meals*
- ❑ *Get a good night's rest (8 hours of sleep)*
- ❑ *Relax and take care of your body*

Don't:

- ❑ *Eat junk food or drink sugary drinks prior to game time – your performance can be impacted!*
- ❑ *Sleep too much or too little*
Sleeping for too long can be just as harmful as not sleeping enough!
- ❑ *Do any strenuous activity that may decrease your body's performance or make you tired*

Injury vs Muscle Soreness

There is a difference between true injury and muscle soreness

Muscle Soreness:

- ❑ *Lasts 24-48 hours and is felt in the muscle*
- ❑ *Often described as tender, achy, "work out pain"*
- ❑ *Can be treated with ice, rolling out, stretching etc.*

Injury:

- ❑ *Does not resolve after 2 days and can be felt in either muscle or joint*
- ❑ *Often described as sharp, even at rest, and worsens after continuing activity*
- ❑ *Should be treated by a medical professional if pain >1-2 weeks or pain is extreme*

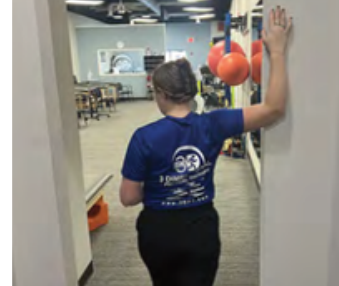
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Pre-Practice & Pre-Game Warmup

Child's Pose



Pec Stretch - (5x20)



Wrist Flexion / Extension - (5x20)



Hamstring Kick - (10x each)



Sleeper Stretch - (5x20)



Spider Lunge - (10x each)



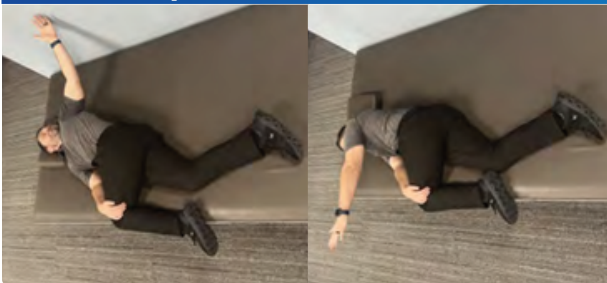
RDL - (10x each)



Inchworm - (8x)



Open Book Stretch - (5x20)



Thread the Needle - (8x)



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