



Importance of Flexibility and Medicine Balls

By Mark Mirabelli, Throwing Specialist - www.mmtrackandfield.com

One of the most neglected disciplines in all sports is the lack of flexibility in athletes. It has gotten better over the years but it hasn't fully filtered down through HS and elementary school. Know we somehow watch the commercial with Arron Rogers and hear those words "we're here to pump you up" It would nice to hear that "we are here to flex you out" instead!

What I like to do today is help you set up a flexibility program that has been effective over the past 40 years of coaching and training at all levels. The first is a partner stretch and the second is a dynamic warm-up. The partner stretch takes 7 minutes for each. It includes upper and lower body stretching. The second is a dynamic warmup and the third is optional called Enduro Run.

Partner Stretch Lower Body:

- One person is sitting with toes up and legs together (all counts are 8 count)
- Person on top pushes down for an 8 count
- Legs apart right & left
- Head to center
- Straddle partner (foot at 90 degrees) leg straight push back 1-2-3-4-resist 5-6-7-8 left leg
- Sit on partners butt placing the ankle under the armpit grab knee with both hands and gradually lift back 1-2-3-4-resist 5-6-7-8

Upper Body Stretches:

- Partner sits erect with his/her arms straight out to the sides with thumbs up. Partner grabs both arms by the wrist and gradually pulls slowly back 1-2-3-4-resist-5-6-7-8 2sets
- Hands behind the head locking fingers. Partner wraps his arms around the top of the arms and slowly lifts back slowly 1-2-3-4-resist 5-6-7-8
- Alternate right and left arm back making sure the joints are in line 1-2-3-4-resist5-6-7-8
- Trunk twist: straddle the thrower and rotate trunk for an 8 count

Dynamic Warm-up

- Side to side Groin Stretch
- Snow Angels
- Small Crossovers
- High Crossovers on both sides
- Skips with Reverse back stroke
- Hurdle Step Overs RT< (forward and backwards) 2 x 10)
- Straight Leg Hamstring Stretch 2 x 10 Right & Left
- Groin Leg Lifts= Grab ankle and pull inwards 2 x 20 yards
- Knee Lifts Pull leg tightly to chest
- Frog Hops 2 x 10
- Walk-out push-ups (5 push-ups for each walk-out

Enduro Runs:

- 5 min. box run
- Forward - back pedal – forward Crossovers back 5-20 yards
- Hurdle races use your imagination to make up various courses of challenge

Medicine Ball Drills for Throwers:

- Sit Down forward press 2x20 use a 8lb-14lb med-ball
- Sit Down Right turn push (snap wrist at release outwards) 2x 20 Right & Left side
- Double Knee Release drill (bring med ball under chin with elbows at 45 degrees)
- Single Leg Release drill (place plant leg at 90 and turn back with ball near the ear and release outwards snapping wrist outwards 2 x 20
- Over Head Power Throws (squat and explode the med ball up and over the head)Legs-legs-legs)
- Upright explosive push (squat and explode outwards focusing on legs driving up and out)
- Power Position Throws
- Come across and hold with med ball (focus on shoulders be square when you come across) 2 x 10
- Come Across and Hold Open up in slow motion and explode the med ball out a 45 degree angle 2 x 10

Notes:

You can purchase the Mark Mirabelli DVD Throwing Series: <http://www.mmtrackandfield.com/>

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