

MID-SEASON SOFTBALL E-NEWSLETTER



Brought to you by Beacon Orthopaedics & Sports Medicine

Need-to-Knows Mid-Season

This edition of Beacon's Softball Newsletter contains information that focuses on keeping an overhead athlete healthy mid-season. This is often the point in the season where athletes start to exhaust themselves, which can lead to injury. Our goal is to provide coaches, parents and athletes with the information necessary to prevent injuries from occurring and help players achieve their ultimate potential.

Fast Pitch Count Guide

- Age 8-10:** 50 pitches/game; 80 pitches/day for 2 consecutive days;
3 consecutive days is not recommended
- Age 11-12:** 65 pitches/game; 95 pitches/day for 2 consecutive days;
3 consecutive days is not recommended
- Age 13-14:** 80 pitches/game; 115 pitches/day for 2 consecutive days;
80 pitches a day for 3 consecutive days
- Age 15&Up:** 100 pitches/game; 140 pitches/day for 2 consecutive days;
100 pitches a day for 3 consecutive days

Summer's Here: Hydration 101

As the season heats up, hydration becomes a key factor in helping athletes perform and feel their best. It's crucial to hydrate the day before, during, and after a game or workout.

Even a loss as small as 1-2% of body weight from sweating can accelerate fatigue and hinder performance. Many people don't realize that thirst is an indication of dehydration, so to avoid dehydration, athletes need to continuously drink during games, prior to and after.

Hydration Routine

- Pre-Game** Hydrate 2 hours before: At least 16oz water
Hydrate 1 hour before: At least 8oz water/sports drink
- Game Time** Drink 6-10oz of water/sports drink every 15 minutes
- Post Game** For every 1lb lost, replenish with 20oz of water

Want to schedule a talk with the expert?

Our overhead athlete specialist Andrew Habash is available to come speak to coaches, parents, and athletes within your organization.

Please contact Jayne Walker at jwalker@beaconortho.com to schedule a talk and include specifically what you would like addressed in the session.

"We go out and work hard. We play this game with emotion and love. Coach always says 'Emotionally, physically, mentally -- come to the field prepared.' Because if you don't bring that to the field, you're going to get beat."
--Laura Berg, Outfield,
Team USA

Contact Us

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PRE-GAME WARM UP

ATHLETES NEED TO BREAK A SWEAT BEFORE THROWING

Leg Kicks



Lateral Lunge



Quad Pull Walk



Fire Hydrant



Hip Flips



Backward Hamstring



Carioca Step



Dynamic Routine

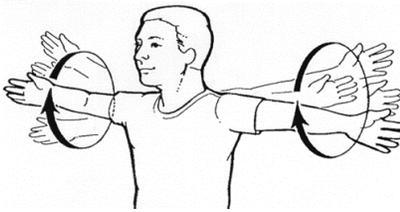
1. Jog 2-3 Poles
2. Lower Body (30 yds distance x2)
 - Leg Kicks
 - Quad Pull Walk
 - Lateral Lunge
 - Fire Hydrants
 - In and Out Flips
 - Backward Hamstring
 - Knee Chest Hold March
 - High Knees
 - Power Skip
 - Carioca Step
 - Interval Sprinting:
 - 3x at 15ft, 30ft, 60ft, 90ft

PRE-GAME WARM UP cont.

3. Upper Body (30x Each)

- Arm Swings
- Trunk Rotations
- Propellers
- Wrist Movements

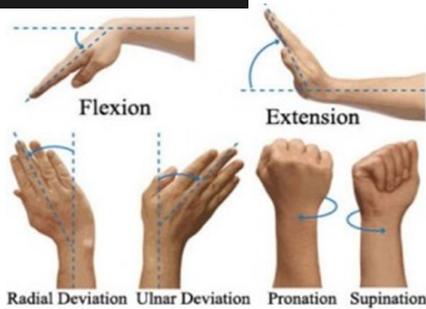
Arm Swings



Trunk Rotations



Wrist Movements

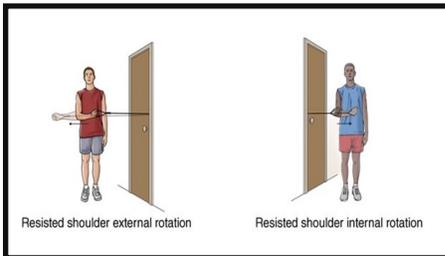


Propeller

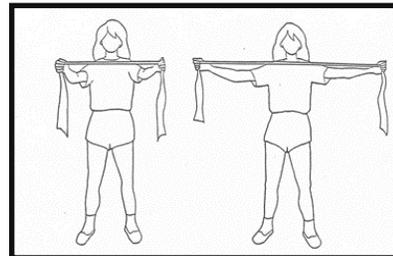


4. Band Exercises: These exercises strengthen and warm up muscles (x15 each)

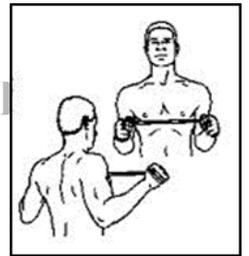
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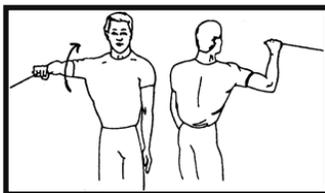
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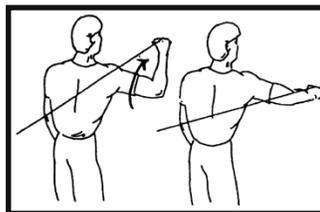
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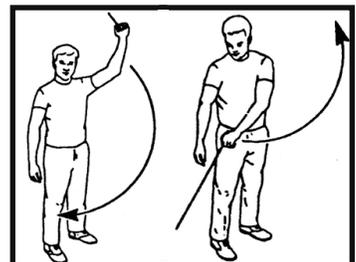
4.



5.



6.



Pitcher Warm Up

1. Step & Snap

10ft - Arm starts behind hip, step forward with alternate foot and snap ball to catcher, dragging back foot forward. Consistency in hitting spots is key in this drill.

2. One-Knee Windmill

15ft- Kneel on right knee (if pitcher is right handed), left leg stretched out in front. Perform full circle arm motion starting from hip and release to catcher.

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3. One-Legged Balance

15ft - Standing on right leg (if right handed), throw full circle pitch, only using left leg to land.

4. Three Step Walkthroughs

Start three steps behind mound. Step right, left, right (landing on the mound) and leads into pitch. This should be one fluid motion.

5. Throw on Mound

Start with at least 10 fastballs down the middle for accuracy, then move to corners. If throwing change-ups, curve balls, etc. perform those spins in the Step & Snap drill before throwing full.

Post-Game Cool Down

The post game routine is meant for both pitchers and field players. For pitchers, it is ideal for them to perform this right after they are pulled from the game. However, if this is not plausible it needs to be done at the conclusion of the game.

The routine allows the body to flush out any lactic acid built up during the game. It also makes sure the players keep as much of their ROM and flexibility as they can for the next game. The current research shows throughout the game, players can lose up to 10 degrees of motion. Lastly, it allows the players to cool down and start to prepare for the next game.

1. Flush Run: 10-30 minutes to flush out lactic acid

2. Perform Band Exercises 1-4 (x15)

3. Full Body Stretch Program

Upper body

1. Sleeper stretch
2. Cross body stretch
3. Behind head stretch
4. Upper trap stretch

Lower Body

5. Hamstring Stretch
6. Hip Flexor Stretch

Want to submit an update or announcement?

Send all information to ladkins@beaconortho.com

Include name, role in organization, organization name and updates/announcements.



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