

The Cape Codgers Organization Senior Men's Softball league provides players the opportunity to play competitive softball while having fun, staying fit, and making friends. Pre-season training is a time where players can prepare their body to stay healthy while playing. The following information was created to give players an understanding of what they should be doing before games and outside of competition. This is routine is the beginning to creating healthy habits.

**Performance Prep Work: WHY IS IT IMPORTANT?**

- Increase the temperature in your body
- Expose your body to the performing tasks
- Prime your body's electrical system
- Practice global movements

**PERFORMANCE PREP**

**Knee Hug**



**Lateral Lunge Shift**



**Athletic Drops**



**Short Stop Stance Shoulder Drill**



Leg Sweeps



Wall Marches



Hip Swipes

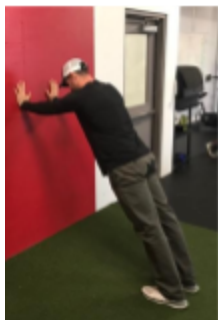


What is good “Core” Training, and why is it important?

- Provides stability for your limbs to be your primary movers
- Reduces stress on back extensor muscles

### CORE TRAINING PROGRESSIONS

Wall Plank



Plank



Bird Dog



Shoulder Taps



Video Links

<https://www.youtube.com/watch?v=x0LT6KHRUI>  
<https://www.youtube.com/watch?v=C1X2V4-Zhd8>

Michael Donoghue, C.S.C.S.  
Athletic Performance Training  
Director of Performance  
[Michael@aptrainingsystems.com](mailto:Michael@aptrainingsystems.com)