Developing A Year Round Strength & Conditioning Program For The Professional Baseball Player

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VISION

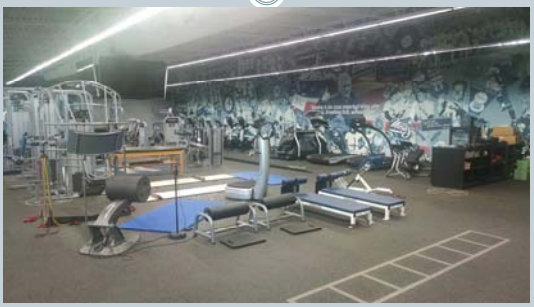
WE WILL NOT ACCEPT YOU AS YOU ARE.

INSTEAD,

WE WILL SHOW YOU A VISION OF WHAT YOU COULD BE

AND HELP YOU ACHIEVE IT.

TAMPA WEIGHT ROOM



PURPOSE

The main purpose of a Strength & Conditioning program is to

1)Decrease Injury Potential

2)Increase Performance Potential!

Strong and flexible muscles produce more force, absorbs more stress and allow your athletes to play longer and stronger

3 P'S

In building any Strength & Conditioning Program you must consider 3 key components in developing all aspects of the program. The 3 P's

1. PRODUCTIVE –
2. PRACTICAL –
3. PURPOSEFUL –

Very Simple- train your athletes in the safest, most sensible and specific manner.

3 P'S

PRODUCTIVE – our training protocol have a systematic plan of progressively increasing resistance/repetitions.

1. STRENGTH PROGRAM
2. CONDITIONING
3. THROWING PROGRAMS

3 P'S

PRACTICAL – (if you want adherence)

1. Time is the factor!!!!!!!!!
2. High volume or brief intense?
3. Opt for brief intense maximize results in less time.
4. Players backgrounds / staff
5. Common sense, keep it simple

3 P'S

PURPOSEFUL –

1. the goals of our training program is to develop your players to meet the physical demands (stress) to compete injury free, to maximize there baseball potential!
2. Not an Olympic lifter, power lifter or body builder
3. Baseball is a skill orientated sport, they need to learn to apply there new abilities and utilize them during practices and games

ATHLETIC DEVELOPMENT (DEVELOPMENT)

POWER = ***FORCE X DISTANCE (MECHANICS/ROM)***
(PERFORMANCE) (STRENGTH) TIME (QUICKER)

= STRENGTH/COND TRAINING +
SKILL TRAINING(INDIVIDUAL) +
SPECIFIC PRACTICE(TEAM) +
SMARTS TRAINING(VIDEO-CLASSES-DISCUSSION)

STRENGTH & CONDITIONING PROGRAM GOALS STRENGTH PROGRAM

- **DEVELOPMENT:** LATIN AMERICA/ GCL/ EXT. SPRING-SHORT
- EDUCATE ON THE FOUNDATION OF THE PROGRAM-
  - PROPERLY PERFORMED REPETIONS
- Emphasis should be HOW TOO rather than HOW MUCH.
- How to minimize any biomechanical loading/ bouncing/ recoiling on the joints and connective tissue and maximize muscular tension.
- Teach them the fundamental principles of the program –
- Train right, Eat right, Recover right and Live right!
- To compromise any one of these principles will compromise your results
- Expectations – Work Ethic – Hard Work and Consistency

STRENGTH & CONDITIONING PROGRAM GOALS STRENGTH PROGRAM

SPECIFIC INDIVIDUAL TRAINING: AA, AAA, MLB

- To maintain and progress strength development.
- Nutrition needs to play a large role in recovering from day to day.
- Individualize each players program

STRENGTH & CONDITIONING PROGRAM GOALS STRENGTH PROGRAM

DEVELOPMENT: LATIN AMERICA, GCL, EXT. SPRING/SHORT SEASON, LOW A, HIGH A,

- **Position Players**.

1. Leg press 3x body wt.
2. Hammer Chest press 1.5x body wt.
3. Back row 1x body wt.
4. Vertical jump increase 1 – 3 inches (Leg power)

- **Pitchers -**

1. Leg press 3x body wt.
2. Hammer Chest press 70% x body wt.
3. Back row 1x body wt.
4. Pull ups x 3
5. Vertical jump increase 1 – 3 inches (Leg power

STRENGTH & CONDITIONING PROGRAM GOALS STRENGTH PROGRAM

CONDITIONING & AGILITY PROGRAM

- Position Players –

1. 300yd shuttle in 57 – 61.9 sec
2. ARC times under 10 sec
3. 60yd dash decrease 1/10TH of a sec (ex. 7.0 down to a 6.9)
4. 20yd dash under 2.7 sec
5. Pro agility shuttle decrease 2/10TH of a sec (ex. 4.9 down to a 4.7)
6. Teach proper running technique

- Pitchers -

1. 300yd shuttle in 57 – 61.9 sec
2. 1 mile run down under & 7:30 min. (6:15)
3. 8-10 Poles run in less than 32 seconds
4. T –Test under 10 sec.

STRENGTH & CONDITIONING PROGRAM GOALS STRENGTH PROGRAM

GENERAL FITNESS

1. CORE in 1 min.
2. Sit & reach increase 1 – 2 inches
3. Overhead squat – score 3
4. (POS) Body fat % range 8% - 12%
5. (PIT) Body fat % range 10% – 15%

MIDDLE INFIELDERS & OUTFIELDERS	COMPETITORS	CHAMPIONS	IRON YANK
LEG PRESS	1.5 X BW FOR 15 REPS	2 X BW FOR 15 REPS	3 X BW FOR 15 REPS
HAMMER ROW	60% OF BW X 10 REPS	75% OF BW X 10 REPS	BW X 10 REPS
HAMMER BENCH	BW FOR 10 REPS	1.2 X BW FOR 10 REPS	1.5 X BW FOR 10 REPS
PRO-AGILITY	< 4.7	4.5 >	4.3 >
20 YARD DASH	< 2.9	2.75 >	2.5 >
RUNNING FORM	NEEDS WORK	OK	EXCELLENT
300 YARD SHUTTLE	60	59	57 >
GRIP TEST	110 - 130	130 - 160	160 +
1 MILE RUN	8 min	7:30	6:15
SIT-N-REACH	3	5	7 +
OVER HEAD SQUAT	3	3	3
VERTICAL JUMP	27.5	30'	33'
SIT UP TEST	45	60	65 +
BODY FAT %	12	10	8 >
WORK ETHIC	GOOD WORKER	HARD WORKER	WARRIOR

"PERIODIZATION MODEL"

3 PHASES– IN-SEASON / OFF-SEASON / SPRING TRAINING

- CALENDARS – ACCOUNT FOR EVERYDAY OF THE YEAR

1. IN-SEASON (26) RECOVER / MAINTANCE
   3 X 6w CYCLE / 4 off WEEKS / 1 X 4w CYCLE
   Minimum 30 - 45 workout
2. OFF-SEASON (20) 4 PHASES (WEBSITE)
   REST/RECOVERY / GENERAL FITNESS / STRENGTH / SPORTS SPECIFIC
   2 X 6w CYCLES / 1 X 5w CYCLE
3. SPRING TRAINING – (6)

COMPREHENSIVE YEAR ROUND PROGRAM

USE IT OR LOSE IT - NO SHORT CUTS

STRENGTH

1. SHLD PROGRAM
2. UB – BACK/SCAP/LB
3. LEGS
4. CORE

CONDITIONING

1. LONG RUNS
2. INTERVAL SPRINTS
3. AGILITY / BALANCE
4. FORM RUN / SPEED
5. HILLS

FLEXIBILITY

1. INDIVIDUAL
2. PRE-GAME WARM UP

NUTRITION

1. FOOD FIRST APPROACH
2. EDUCATION
3. HYDRATION
4. PRE-GAME MEAL

OFF-SEASON

1. WEBSITE
2. PHONE CALLS
3. PLAYER VISITS

OFF-SEASON

4 PHASES OF THE OFF-SEASON

1. Rest & recovery (4-5 weeks)
2. General fitness phase (5 weeks)
3. Strength phase (6 weeks)
4. Sports specific phase (4-6 weeks)

REST AND RECOVERY

1. Rest
2. Rehab & old injuries
3. Mentally rest and get away from game
4. Leisure activities

GENERAL FITNESS

NOVEMBER 5TH – DECEMBER 5TH

1. Lay the foundation
2. 4 day split –
3. light / moderate intensity
4. Rep reange 10-12
5. longer conditioning

STRENGTH PHASE

DECEMBER 5TH – JAN 15TH

1. 5-6 days a week
2. 4-day split
3. moderate – heavy intensity
4. Rep range 6-8
5. Agility drills- 2 x week
6. PITCHERS - timed running/ start throwing
7. POSITION – interval running

CAPTAINS CAMP

Jan 15th – Camp Starts

1. professional, personal and strength education for our top prospects.
2. Build relationships, create expectations, organizational goals
3. Gives the players an idea of baseball activities and intensity

SPORTS SPECIFIC PHASE

JAN 15TH – FEB 10TH

1. 6 Days a week
2. 3 Day split – POS – 2 X UPPER / 1 LOWER - PIT – 2 X LOWER / 1 UPPER
3. Moderate intensity (REPS 8-10 RANGE)
4. Agilities & Form Running 3 x a week
5. POSITION – Start swinging and throwing/ sport specific conditioning
6. PITCHERS – interval running

SPRING TRAINING

FEB 15TH – MARCH 31ST

1. 6 days a week
2. 2 day split – total body workouts
3. Low to moderate intensity (REPS 8-12)
4. Agility / Balance 1 day a week
5. POSITION – Base running – Position specific running
6. PITCHER – develop in-season routine

IN-SEASON

APRIL 1ST – OCTOBER 2ND (26 WEEKS)

1. 6 weeks on / 1 week off
2. 2 total body workouts (42)
3. low – moderate intensity (REPS 6-10)
4. agility / balance 1 day a week
5. POSITION – conditioning 1-2 days a week
6. RELIEF PITCHERS 5-6 days a week
7. STARTERS 5 day routine

THANK YOU

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QUESTIONS ?