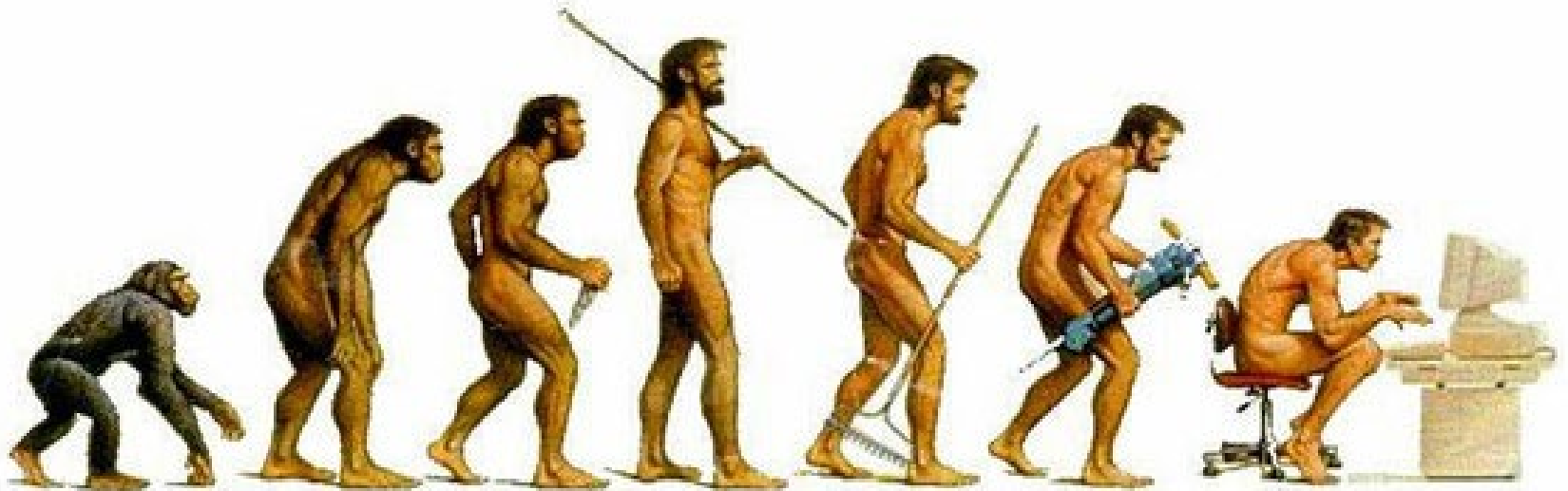




ADAPTING TO NEW COACHING STRATEGIES IN BASEBALL

GEOFF HEAD

ADAPT OR DIE “IT IS NOT THE STRONGEST OF THE SPECIES THAT SURVIVES BUT THE MOST ADAPTABLE TO CHANGE” - DARWIN



ASSISTANT DIRECTOR OF PLAYER DEVELOPMENT – SPORTS MEDICINE

Ensure intradepartmental collaboration between minor league physical therapy, athletic training, strength and conditioning, sports science, rehab pitching coordinator, mental skills, analytics and nutrition in order to operate as one collective sports medicine unit.

Ensure interdepartmental staff integration of the sports medicine department into alignment with the overall direction of the SF Giants core values including all areas of player development such as the PD team, field staff, front office, analytics, and scouting departments to collectively integrate the appropriate development plans of all MiLB Giants players

INTEGRATED, COLLABORATIVE, HIGH PERFORMANCE DEPARTMENTS

Athlete centered approach

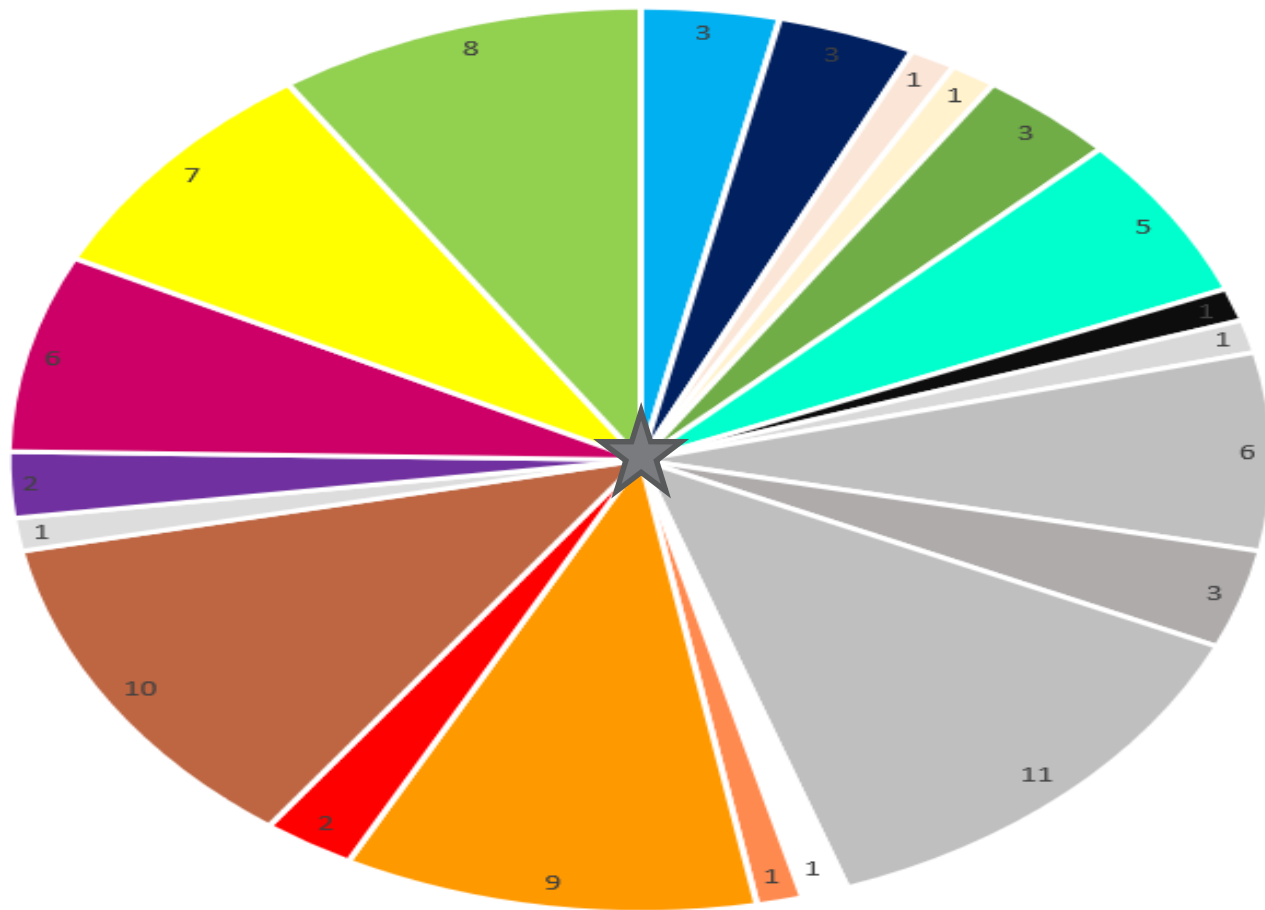
Humility -> your time share is always fluid

Harmony “Kumbaya” vs Healthy Conflict

All key stakeholders have input, decision making comes from leader of each skill set

Leave the room together





**CHANGES BY THE DAY, WEEK, MONTH,
SEASON, YEAR, CAREER...OR EVEN BY THE
MINUTE. BUT IT ALL CONTRIBUTES TO THE
STAR IN THE CENTER**

INTEGRATION OF SPORTS MEDICINE AND FIELD STAFF

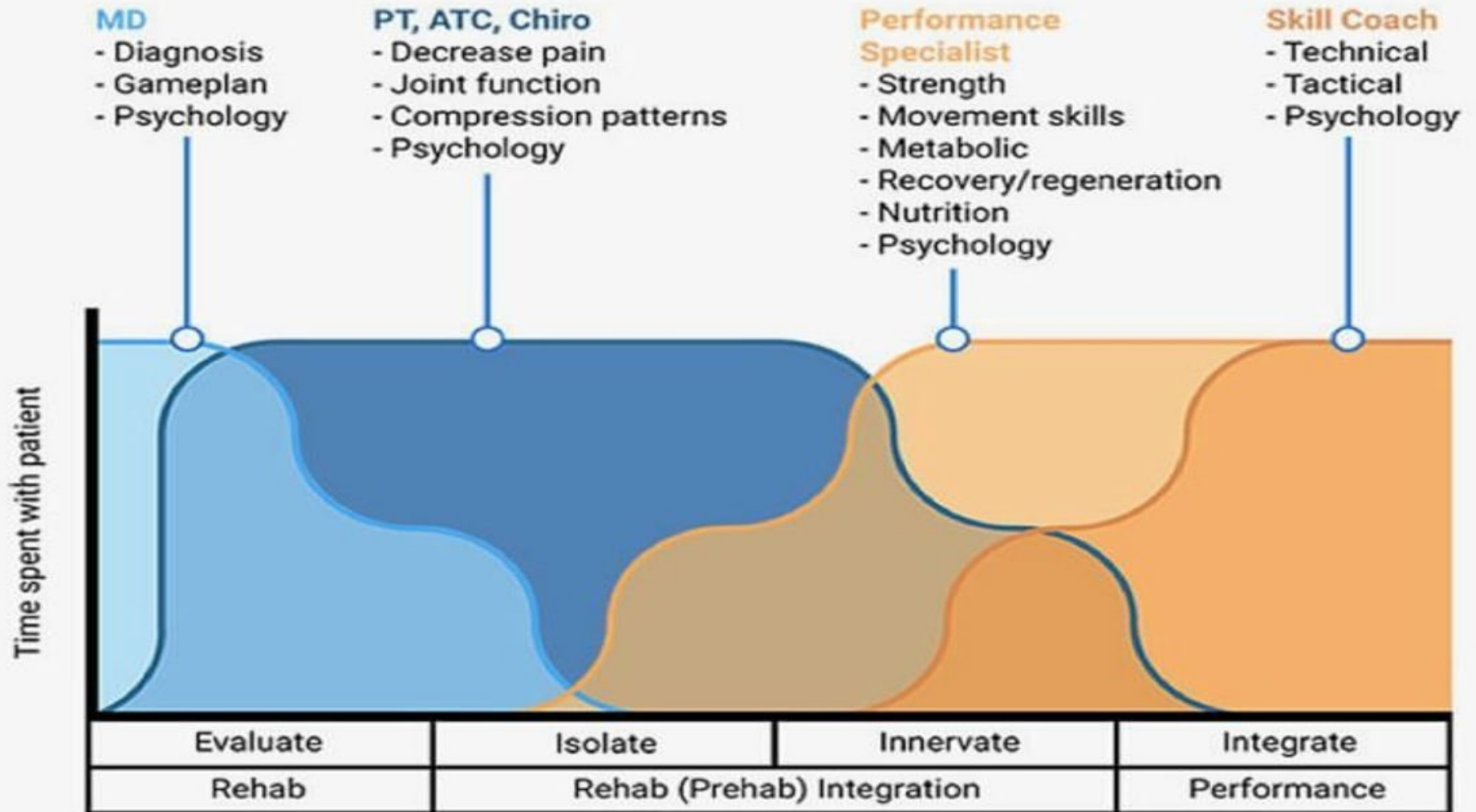


You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother's eye." (Matthew 7:3-5)



DEFINE YOUR ORG S.O.P.

Performance Training Continuum



SEEK OUT OPPORTUNITIES TO CREATE COMMON LANGUAGE...

Off-Season Certification Courses and Conferences: Slugfest, PitchaPalooza, OnBaseU

Yearly or bi-annual full staff in-service with presentations from each department

Trial and Error – Micro failures

Leadership Board of Directors

Define your process of skill acquisition

Simple Reports – Green Yellow Red, Diagnostic Checklist for Technical Skill
Acquisition v Movement Skill Acquisition



BE OFFENSIVELY ADAPTING...NOT DEFENSIVELY DROWNING

“PERPETUAL OPTIMISM IS A FORCE MULTIPLIER”

Driveline

Sparta

P3

Universities

3rd Party Consultants



3RD PARTY CONSULTANTS

The pendulum swing

Empathy: It's impacting hitting/pitching as much as it's impacting sports medicine

Offensive mindset



TECHNOLOGY/ANALYTICS IMPACT ON NEW COACHING STRATEGIES


Org plan of inclusion

Look to help field staff on-board

Majority emphasizes kinesiology and physiology



“COLLABORATION” VS “STAY IN YOUR LANE!”

- New field staff tend to have a higher value or better perception of sports medicines impact in the game
 - We can't have it both ways. Be comfortable being uncomfortable
 - Ego Is The Enemy
 - The Obstacle Is The Way
- 

WHO'S ROLE IS IT ANYWAYS?

Teaching an on-field skill

Biomechanics vs Pitching/Hitting Mechanics

Daily/Weekly/Seasonal schedule design

No one person is greater than the org



DISCUSSION OPPORTUNITY

Questions?

Feedback?



THANK YOU!

