

10 Things You Need in Your Baseball Strength & Conditioning Program

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- My Athletes

Extenuating Circumstances

- Coaching Experience/Knowledge
- Facilities
- Equipment Available
- Budget
- Time
- # of athletes you can work with at one time

#10 Interval Work

- Sprint work
- Shuttles (25 yard course)
- Airdynes, Slideboards
- Distance Running is counter productive (if you train slow you will be slow)
- In baseball, the primary source of fatigue is NEURAL not metabolic

#9 Speed/Agility Development

- Acceleration Training
- Directly linked to strength and power
- Force production into the ground
- Shin angle work (wall drills, lateral movement skills)
- Sled pushing, pulling, crossovers

#8 Power Work

Medicine Ball Throws

- Olympic lifting for the trunk
- Rotational MB Throws are the key to developing torso power

Plyometrics (jump training)

- Stability First – teach them to land Properly
- Usually Butchered
- Follow proper Progressions
- True plyometrics is end stage

#8 Power Work

- Olympic Lift Variations (e.g. Hang Cleans)
- To do or not to do
- Do you have a qualified coach to teach these lifts? (risk/benefit ratio)
- Alternatives (Jump Squats, Total Body MB Throws)

#7 Strength Work

GET YOUR ATHLETES STRONG!

Train Movements not muscles

1. Hip Dominant
2. Knee Dominant
3. Horizontal & Vertical Pulling
4. Horizontal & Vertical Pushing

Hip Dominant

Bent Leg Hip Extension

- Slide Board Leg Curls

Straight Leg Hip Extension

- One Leg Straight leg Deadlift (1L SLDL)

Hybrids

- Deadlifts
- Lunges (moving)

Train the glutes and hammies the way they are used in real life

Knee Dominant

Double Leg

- Front Squats

Single Leg

- Split Squats
- 1L Bench Squats
- 1L Squats
- Lunges (stationary)

Horizontal & Vertical Pulls

Horizontal Pulling:

- Rowing – DB Rows, Inverted rows, Cable rows

Vertical Pulling:

- Chin-ups (regular, parallel grip, sternum, rope) Pull-ups (not for pitchers)

Horizontal & Vertical Pushing

Horizontal Pushing

- Push-ups, (variations), Alt. DB presses, Benching (special bar)

Vertical Pushing

- Overhead pressing - 1-Arm, alternating, combo movements (e.g. curl-to-press)

#6 Core Strength/Prehab

Core Stability

- Stability first, mobility second
- Core Stabilization – neuromuscular demand (bridges, quadruped exercises)
- Rotary Training (or anti-Rotary) -
Landmines, PB Rollouts, Cable Push/Pull,
Cable Chopping/Lifting

Prehab

- Rotator Cuff (Y,T,W,L; Push/Pull Series),
Grip Strength work

#5 Proper Warm-up

1. Soft Tissue Work (density)
2. Static Flexibility (lengthen)
3. Muscle Activation (activate)
4. Dynamic Flexibility (mobilize)
5. CNS Activation (excite)

First 25 minutes of the workout

#4 Recovery

- 24 Hour athlete Mentality
- Work + Rest = Improvement
- Less is More
- Get quality sleep
- Self Massage

#3 Nutrition

- Teach Your Athletes to Eat Better
- Proper Nutrition is vital and not emphasized enough
- Get them to eat every 3 hours – nutrition logs
- Post workout/practice/game shakes
- Lead by example

#2 Principles

- Stick to the Basics (KISS)
- Teach proper technique (or get someone who can)
- Be Consistent
- Be willing to think Outside the Box
- Get your athletes **STRONG!!**
- Lead by example stay fit, eat right

#1 Goals

1. Prevent Injuries While Training
2. Injury Reduction – keep your players in the line-up
3. Improve Performance

Sample Week

Component	Day 1	Day 2	Day 3
Tissue/Roll	Quads/Glutes/IT Band	Groin/Lats/Chest	Hamstrings/Calves/Glutes
Activation	Glute Bridge Scap Push-up	Band Walks T-Spine Activation	Wall Slides Lying Hip Flexor (band @Toes)
Dynamic	Linear Emphasis	Lateral Emphasis	Linear Emphasis
Power	Box Jump	Lateral Plyo/ Single or Bound	Linear Plyo/ Single
Med Ball	MB Chest Pass MB Rotational Throw	OH MB Throw MB Rotational Throw	OH Throw or Chest Pass MB Rotational
Speed	Heavy Sled- Push	Lateral Sled XO	Heavy Sled- Pull
Explosive	Hang Clean <i>Stretch</i> Core	1A DB Snatch <i>Stretch</i> Core	Jump Squat <i>Stretch</i> Core
First Quad Set	F. Squat <i>Stretch</i> 1A DB Row Prehab/Core	Trap Bar Deadlift <i>Stretch</i> Chin-up Prehab/Core	Split Squat <i>Stretch</i> Inverted Row Prehab/Core
Second Quad Set	1A 1L DB SLDL <i>Stretch</i> Bosu Push-up Prehab/Core	1L Squat <i>Stretch</i> ½ Kneeling Alt. DB Press Prehab/Core	Slideboard Leg Curl <i>Stretch</i> Neutral Grip DB Bench Prehab/Core
Conditioning	Tempo	Slideboard	Interval Cond – Bike or Shuttle

Conclusion/Questions
Thank You!