



Major League Strength

Mission Statement

" To assist in the development of the modern day athlete by creating action through motivation, education, research, and practical experience"

Who we are...

- n Present in all 50 states... and Europe
- n Official Baseball Training Partner of Under Armour

Future Growth

- n Coaches Certification
- n Certified Facilities
- n Professional Baseball Training Facility in Orlando, Florida
- n National Coaching Clinics

Out-Train Your Sport



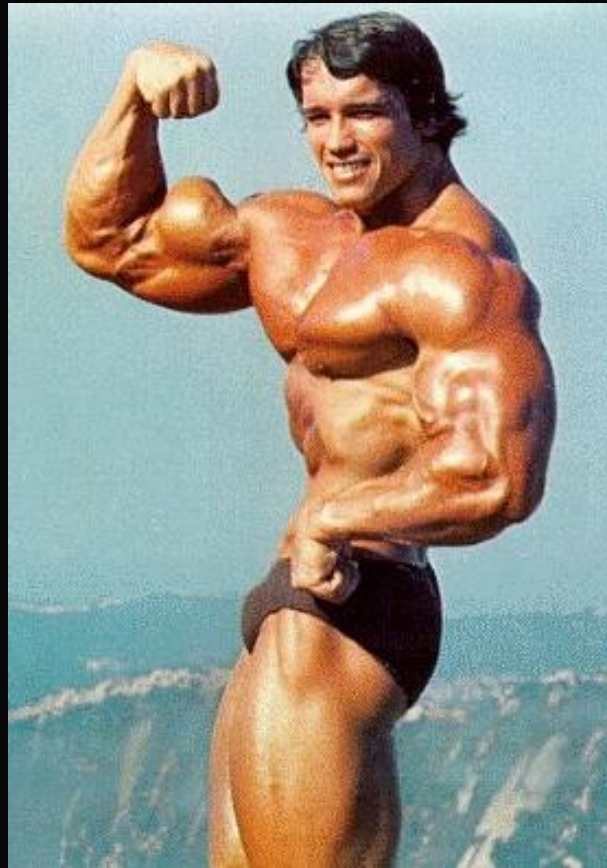
German Baseball Clinic

2009

Introduction

- n Motivation for this Topic.. A Rough Start!
- n Importance of this topic

Coach.. I've been working out!



I have too Coach..



Same Program....

- n Same Program.. Different Result
- n Genetic Ceiling.. Know what type of player you are.



Introduction

- n STRENGTH OBSESSION...What good is it if you can't use it?
- n Evolution of the Modern Day Baseball Player/ Physique Change
- n Mantle vs. Babe Ruth vs. A-ROD

BABE RUTH



Joe DiMaggio



Reggie Jackson



AROD

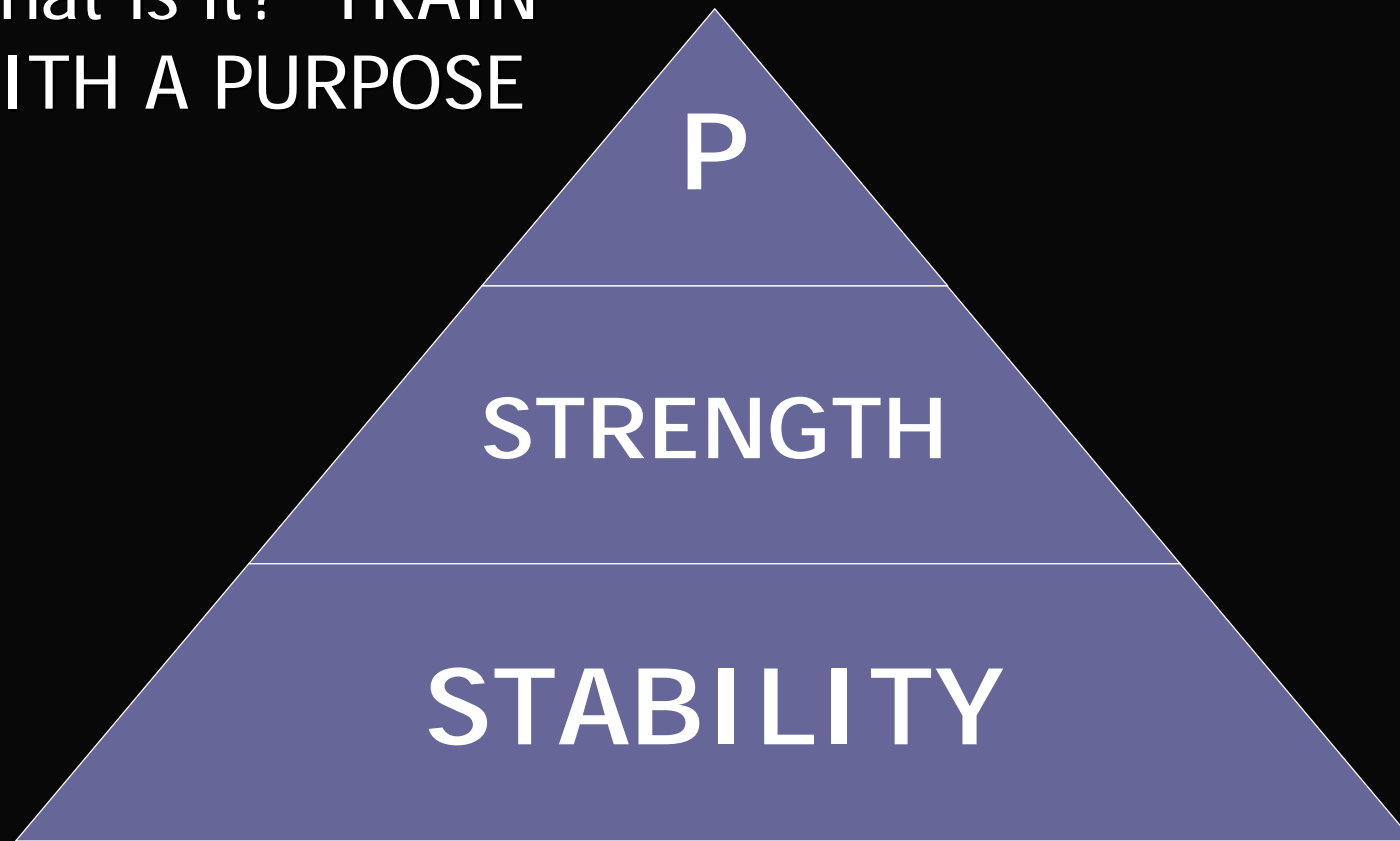


Introduction

- n Demands of the Game/ Expectations of the Fan
- n Fascination with the Look
- n Training Revolution → Evolution

Functional Training- Strength Triad

- n What is it? TRAIN WITH A PURPOSE



Focus on Athleticism...



Functional Training

- n 3D Training- All Planes to make Gains
- n X- Patterns of Training
Ex. SL RDL
- n Training the ability to Produce, Reduce, and Stabilize Force-
Acceleration and Deceleration of the Body
- n Inability to Decelerate = Injury



Role of the Strength Coach

- n Decrease Injuries
- n Increase Athleticism
- n You MUST Evaluate your Athletes Before giving them a Program (Search for Left Side/ Right Side Balance)
- n Certain Restrictions might Impede an athletes ability to execute
- n Better Athletes are Easier to Coach!

Functional Movement Screen



Role of the Strength Coach

- n Importance of Training/ Goals of Training
(Injury Prevention/ Bilateral Symmetry- Body in Balance/ Movement Enhancement/ Power Generation)
- n Integration of Injury Prevention into Programming
- n Influence of Physical Therapists on Modern Day Strength and Conditioning Programming
Ex. " Functional Training/ Core Training"

Role of the Strength Coach

- n Differences between Strength Coach Philosophies "BFS vs. Core vs. Olympic"
- n Strength Coach Philosophy vs. Baseball Coach Philosophy

**MOST STRENGTH PROGRAMS ARE
DERIVED FROM FOOTBALL**

Role of the Strength Coach

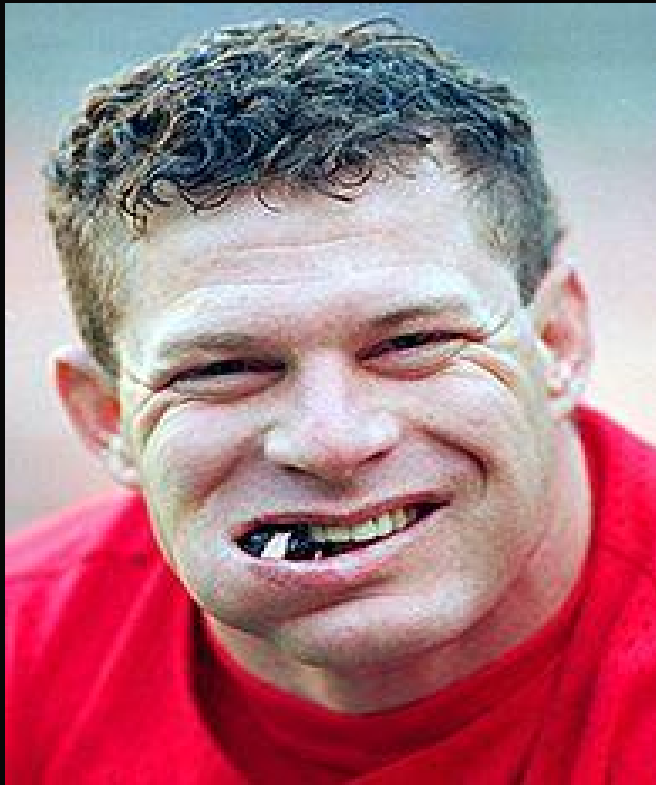
- n Strength Coach Philosophy vs. Baseball Coach Philosophy
- n Educate your Strength Coach on the demands of the Game

Athlete Compliance/ Modern Day Athlete

n Mental Makeup of the Modern Day Athlete



Vs. The GRINDER



The Mentality HAS CHANGED

- n What can I take? Vs. What can I do?
- n Lesson Freaks/ Cage Junkies..
- n Skills 1st..Athleticism 2nd (Rocky vs. Russian)
- n Don't fight them..Integration of what they like and what they need; sprinting +ball throws

THEY DON'T LIKE HARD WORK!

Presenting
Coach David Copperfield
TRICK THEM!



POSTURE 1st

- n Always teach athletes how to maintain posture, both static and dynamic
- n Ex. Athletic Position, Athletic Position with Shuffle and Field
- n Jump Postures (Rick Peterson)



Dynamic Postures...



Program Design

- n Periodization yields results
- n CHANGE IT UP!

- n Old Principle.. Great Success..
PROGRESSIVE OVERLOAD- only after form
is established!

Program Design

- n Floating Periodization in Baseball.. Lots of External Variables
 1. TRAVEL
 2. Scheduling
 3. High Pitch Counts/ Innings
 4. Fatigue

Program Design

- n Have a Plan and Stick to it!
- n Cumulative Effective of Exercise
(You can do anything and get a result if you stay consistent)
- n AROD- Pre-game

Program Design

- n Intensity; The hidden ingredient to exercise success
- n Benefits of Increased Intensity
 1. Body Composition Improvement
 2. Increased Cardiovascular Efficiency/ Recovery
 3. Body Weight Regulation
 4. Greater EPOC- Post Exercise Metabolism

Program Design

n Strategies for Off-Season/ In-Season:

1. Strength Circuits
2. Power Circuits
3. Strength+Power Circuits
4. Metabolic Circuits

Rotational Sport...

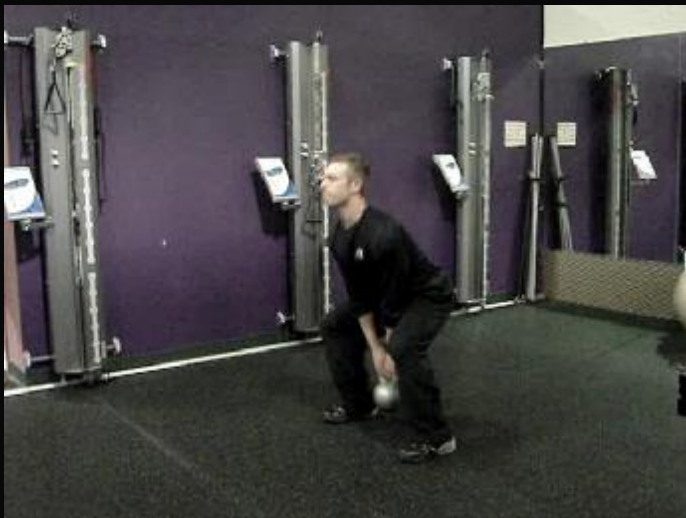
- n Is there Rotation in Your Program?
- n Do you have the Mobility to Create Rotation? Ex. Split Rotation, Quadraped Rotations
- n If not, there goes your Obliques and Hammy's!

Rotational Exercise



Strength Debate

- n Bilateral Back Squats = Back Pain
- n Olympic Lifts = Perfect Form or Bust
- n Bench Presses = Lets Stabilize the Core



Program Design - Strength

- n Strength Circuits
- n Low Rep Ranges (6-8) + Rest
- n Ex. Strength/Core Exercise/ Flex

Program Design- Power

- n POWER = FAST STRENGTH
- n BASEBALL= POWER
- n Form!!! Lower body drive creates upper body rotation!



Program Design- Power

- n Power Circuits
- n Lower Weights, Higher Speed, Explosive
- n Power Exercise/ Core/ Flex

Program Design- Strength/Power Complexes

- n Strength + Power
Complex Circuits
- n Strength = Higher
Weight
- n Power = Un-resisted



Program Design- Metabolic Circuits

- n Foot Quickness,
Agilities, Plyometrics,
Bike Sprints
- n 15-20 seconds bouts :
10 Seconds Rest
- n Ex. Jump Rope
à Rapid Response à
Base Rotations à Bike
Sprints



Program Design- Bang for the Buck

- n Triples (Strength/Power/Flex)
- n Quads (Strength, Power, Flex, Metabolic)
- n Great In-Season

Program Design- Intensity

- n Out-Train Your Sport using High Intensity Training without the HIT- Use the clock.. time doesn't lie
- n Look at animals!!

Conditioning Methods- Progressive Aggressiveness

- n Early Off-Season- Standard Cardio
- n Mid-Off-Season- Standard Cardio Intervals+
Outdoor Jogging/Biking
- n Late Off-Season- Outdoor Intervals/ Striders/
Agility Work
- n Pre-Season- High Intensity Intervals/ Sprinting
- n In-Season- Position Players-Sprinting with Full
Recovery

Conditioning Methods- Progressive Aggressiveness

n Pitchers-

Day 1: Low Intensity Distance Ride

Day 2: Interval Run

Day 3: Low Intensity Run- Striders/ Agilities

Day 4: Sprints (10-30 yards)

Day 5: WIN



Conclusion

- n Gain a Reputation for your Program
- n Time Management- Plan Your Workout Schedule
- n How do you motivate an athlete?
Challenge them!
- n Don't join the statistics of Obesity.. Work those Boys.

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THANK YOU!

