



German Baseball Clinic
Program Design 101



The Big 2...

1. Decrease the Predisposition for Injury
2. Increase Overall Athleticism



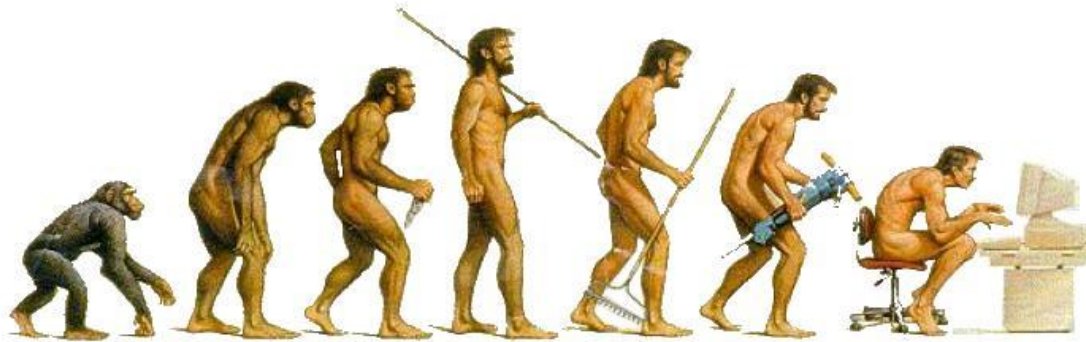
The Modern Day Athlete

- Epidemic of poor athleticism amongst the modern day athlete
- Causes... TV, FACEBOOK, TOO MUCH STRUCTURE, SPECIALIZATION..
- INJURY... is the end result



Its Evolution Baby....

Evolution



(OR is it?)

What is Athleticism?

- The Characteristics; physical, mental/ neural that lead to enhanced, efficient movement
- We can all SPOT an ATHLETE



Athleticism... Perfection



The Training Matrix of Athleticism

POWER

BALANCE

COORDINATION

CENTRAL NERVOUS SYSTEM

SPEED

STRENGTH

CORE EFFICIENCY

SYNERGY..

- BRIDGE THE GAP.. LINK THE MATRIX...



How do we Bridge the Gap AND Link the Matrix?

- Program Design 101
- It all comes down to programming, not just the exercise
- Advanced Program Design- Based on Assessment



KNOW YOUR ATHLETE

- Get to Know Your Players... Physically and Mentally



UNDER ARMOUR®

Program Format

1. Vibration Training / Neural Innervation
2. SMFR on Triggers à Tissue Lengthening
3. Core Training / Glute Activation
4. Prehabilitation
5. Strength Training
6. ESD/ Conditioning
7. RECOVERY / Regeneration



Vibration Training

- Powerplate or Vibraflex- High Intensity MHz Frequency causing neural stimulation



SMFR- Foam Roller/ Stick

- Work to relieve muscles tension, free up knots and triggers, allow for optimal glide, as well as optimal stretch
- Impossible to achieve optimal muscle length with trigger points



Tissue Lengthening

- Lengthen Tissue using appropriate flexibility technique / protocol
- Inhibited, Trigger Free Tissue is much easier to stretch
- Relieve Stress on Musculoskeletal System



Core Training

- What musculature is the core comprised of?
- What is the function of the core?
- How do we train it?
- Stability, Mobility, Rotation, Anti-Rotation, Vertical Separation / Uncoiling- Rolling Patterns



Glute Activation

- Gluteal Amnesia- Mike Boyle
- Typically Weak, Due to Lack of Signal and Innervation
- Glute Firing Improvement Strategies:
 1. Isolated Quadraped, Side Lying
 2. Band Walks, Extension
 3. ¼ Single Leg Squats
 4. Full Range Madonnas



Prehabilitation

- Targeted Injury Prevention Strategies
- Cross-Over From SMFR, Tissue Lengthening, and Glute Activation
- For Baseball- Shoulder Specific, Previous Injury Based, Dynamic Balance
- Ex. Shoulder Sequence

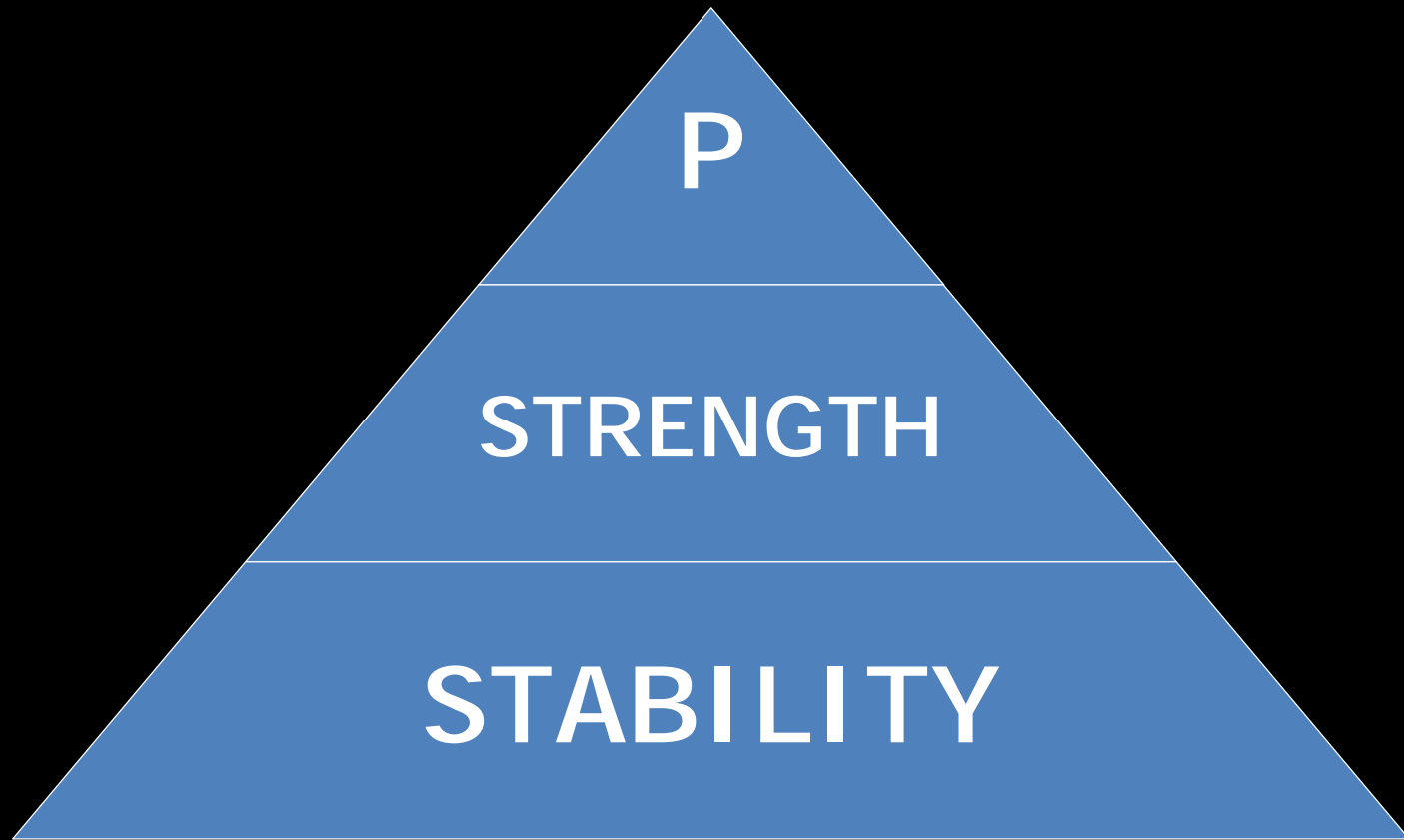


Strength Training

- Multi Joint, Multi-Planar When Possible
- Exercise Selection Based Upon Progression
- Goals: Stability, Strength, Power
- NASM TRIAD



Functional Training- Strength Triad



Strength Program Design Features

- Power Exercise
- Lower Body Push
- Lower Body Pull
- Upper Body Push- Horizontal
- Upper Body Pull- Vertical/ Horizontal
- Rotary Exercise- High to Low, Low to High, Midline



Strength Program Design Samples

- Squat Jump/ Kettlebell Swing
- Front Squat
- RDL
- P.B. Dumbbell Press
- Pull Up / Inverted Row or Cable Row
- Med Ball D-Pattern, Cable Rotation

BASIC BUT EFFECTIVE



Program Splits

- Total Body
- Upper / Lower
- Push / Pull



Progression Basics

- Bilateral à Unilateral
- Slow à Fast
- General à Specific
- Strength before Strength Endurance
- Low Resistance à High
- Low Sets à High
- Reps based upon execution of lift
- Stability before Strength, both before Power

Variable Manipulation/ P.O.

- Drop Sets- 10,8,6,4
- Timed Sets, 60sec,40sec, 30sec
- Increasing Sets- 12,15,20

Progressive Overload- Increasing Resistance,
Sets, Reps as program elapses



ESD/ Conditioning

- #1 Goal of Conditioning =
 **INCREASE WORK CAPACITY / Lactic
 Threshold**
- **Aerobic Base Before Anaerobic Base**
- **Slow to Fast**



Phases of Conditioning

- Building Block of Conditioning
 1. Aerobic Endurance/ Base Building
 2. Intervals – Tabatas, Ratios
 3. Linear- Sprint/Backpedals, Shuttles
 4. Lateral- Shuffles, Hurdle Runs
 5. Sport Specific- Fielding, PFPs, Bases



Post Pitching Debate

- Lactic Acid.. IM ON FIRE RICKY BOBBIE
- What to do post start... RECOVER!!



Recovery

- Recovery is essential due to high pattern overload and volume of play
- Methods: Foam Rollers, Massage, Hot Tubs, Cold Tanks, Pools, Yoga, Pilates



Golden Rule of Programming

- “Do the simple things savagely well..”
- **BACK TO BASICS...**



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THANK YOU!

