

Blending



**THE ART OF IMPROVING OR
ENHANCING THE RATE IN WHICH
MOVEMENT PATTERNS TRANSFER
FROM OUR PRACTICE, TRAINING OR
DRILL TO GAME TIME**

ROT- Rate Of Transfer- **RW**



- **Everybody has a limited amount of time- Therefore time is the most precious of commodities.**
- **The KEY question is...Exactly how well is your practice or training transferring to your athlete's game time performance?**
- **Most just assume...the work is transferring...more with some...less with others...and the key variable is the kid...NOT the process. We disagree.**

The Problem-**Strom**



- **Everybody practices but not everyone improves**

The Myth- **RW**



- **‘Practice makes perfect’**
- **The Greatest Lie EVER perpetuated upon the baseball community...That the keys to excellence is getting your ‘reps’ in.**
- **The truth is that only focused, specific, deliberate practice creates excellence.**

Blending-**Strom**



- **What is ‘Deliberate Practice’?**

The Bernstein Principle **RW**



- What is the **Bernstein Principle**- *The body will organize itself based upon the ultimate goal of the activity*
- *and what does it mean to us as teachers?*
- **SAID Principle**- **Specific Adaptations to Imposed Demands**
- **Wolff's Law**-*that bone in a healthy person or animal will adapt to the loads it is placed under. If loading on a particular bone increases, the bone will remodel itself over time to become stronger to resist that sort of loading*

The Trusting vs. Training Mindsets- **BStrom**



Dr. John Eliot, Ph.D. Overachievement

- **Trusting vs. Training**
- **When to Train...Learn and When to Trust...Perform**
- **Both are critical to achievement**

Shortening the Feedback Loop-**RW**



- **What is involved In Shortening the Feedback Loop?**
- **Fighting ‘Homeostasis’**

Common Pitching Drills With Questionable Transfer-BS



- **Examples- Common Pitching Drills With questionable Transfer-**
 - i Towel Drill
 - i Mimic or Shadow Pitching
 - i 50% Bullpen

Blending in Action- Examples of Blending



- **Blending – Video Hitting Examples RW**
 - i Blending movements together- **Chunking**
 - i Blending IN important/ crucial concepts- **Guided Discovery**

Hitting examples- **RW**



- **Video Example 1- Remember the feedback loop**
- **Don't let the mind/ body 'coast'...continually force it to be turned on**

Hitting examples **RW**



- **Video Example 2- Remember the loop**
- **Don't let the mind/ body coast...force it to be turned on**
- **Our basic blending cycle**
 - i One Super Slow- Dial in 'perfect'- adjusts needed from game speed
 - i One Super Smooth- Synch it up
 - i Three Game Speed- Blow it up
 - i Repeat

Blending- Pitching Examples- **Strom**



- **Blending- Long Toss to Mound-Degrees of Freedom/Athleticism**

Blending- Pitching Examples -RW



- **Chunking**- Video: Double Play-Hookem'-Regular Pitch- Tempo/Pelvis

Blending Pitching Examples-**Strom**



- **Blending –Defying Over spin- Teaching the Curveball**

Blending- Defensive Example **RW**



– **Video Defense**



— Final Thoughts

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