



Director of Player Development Goals and Services

GOALS:

1. Enhance each player's individual skills and abilities in all areas that are vital to improve their performance to be able to play at the next level. These areas include:

STRENGTH & CONDITIONING:

- Movement quality and athleticism
- Mobility and stability
- General Physical Preparedness (GPP)
- Special Strengths (Power=force x acceleration)
- Absolute strength
- Strength-Speed and Speed-Strength
- Explosive Strength
- Quickness
- Lateral Force Production
- Core Stability and Strength
- Ballistic Core Strength
- Lean Body Mass (Force=mass x acceleration)
- Baseball Specific Speed and Agility based on position
- 60 yard dash Training

BASEBALL SKILL DEVELOPMENT

-3 Phase Hitting System

- Swing Build (develop efficient high level swing patterns)
- Swing Horsepower (increase ball exit speed, barrel speed, barrel acceleration, barrel quickness)
- Hitting Performance (training emphasizing timing, approach, and adjustability to improve in game hitting performance)

-3 Phase Pitching System

- Delivery Build (develop efficient and repeatable delivery)
- Arm Horsepower/Arm Care (increase throwing velocity, accuracy, spin rate, and bulletproof arm)
- Pitching Performance (develop plan how to best utilize pitch arsenal to take advantage of effective velocity and pitch tunneling to dominate on the mound)

-Defensive Position Specific Training Program

- Understanding of fundamental techniques w/ drill series for players based on their skill set & position.
 - Catchers
 - Corner Infielders
 - Middle Infielders
 - Outfielders
 - Utility Players

-Mental Approach and Plan

-Players will develop custom hitting/pitching approach and plan to help them best utilize their skill set to have in game success.

-Players will learn mental game strategies and techniques to be able to cope with failure, slow the game down, and allow their abilities to come out in the game.

2. Increase player awareness of the “Big Picture.”

-The players need to have a clear understanding of what their goals are, what objectives need to be met to get there, and what they need to do meet those objectives. Players will be guided in this process to ultimately understand how everything ties together, so they have a clear understanding and intention behind their actions, which will enhance their performance, as well as enhance their ability to make adjustments on their own.

3. Develop ownership and accountability for each player and their career.

-The players will be guided on the correct path, and given every opportunity to excel. They will learn that the efforts that they put forward, will determine how far they can go. They will learn that their hard work, drive, and dedication when following the right path will allow them to maximize their potential, or their lack of it will prevent them from reaching their potential. The players will be guided through exactly what they need to do to be successful, and will be implemented in a way that have a deep understanding to what they are doing and why they are doing it. It is the player's responsibility to put in the work and run with it.

4. Facilitate growth and improvement through assessing, measuring, and tracking using data and technology.

-The guesswork will be taken out of the equation, and the player's improvement will be quantifiable, measured, and tracked to monitor progress. The data will be used to better understand where the players need improvement, and their program will be tailored custom to each player to improve their game.

5. Along with using data measurement and tracking to improve player development, this information will be very valuable to be able to present to college coaches that may be interested in a player's services.

-Being able to qualitatively show a college coach a player's profile with metrics, will not only present a player's current skill set to the coach, but can also give the coach insight to a player's work ethic, dedication, coach-ability, and improvements over time. When they can see a player's tracked hours of work put in and improvements made over time, they know that the player can come into their program and work hard and make improvements to make an impact. This is a great intangible and quality that college coaches want from their players.

THE SYSTEM AND SERVICES:

-Players will be assessed in the following areas:

- Functional Movement Screen
- Strength/Power Performance Tests
- Speed/Agility Tests
- Hitting Metrics
- Pitching Metrics
- Throwing Metrics for position players

-Custom individualized program will be developed for each player based on their needs. It will include:

- Functional Movement/Mobility Program
- Strength and Conditioning Program
- Speed and Agility Program
- 3-Phase Hitting Program and/or 3-Phase Pitching Program
- Defensive Position Specific Program
- Approach and Mental Game Plan for in game performance

-The players will meet and sit down with the Player Development director each month to discuss their progress in their training and in game performance. Their progress will be assessed and analyzed and a new training program will be written for them each month. They will also have access and communication to the director either at the facility in person or through e-mail.

-Director will periodically meet with each team to evaluate and work with players individually or in small groups.

-Availability to schedule individual or small group sessions with the director to work on areas they are either struggling on, or want to work to improve an area of their game.

-Continuous line of communication with the director and the team coaches to discuss where players are doing well and need improvement to stay on the same page and facilitate improvement with each player and team.

-Periodic seminars/webinars to go over important aspects of the system to enhance the players' knowledge and awareness.