



PERFORMANCE BASEBALL/SOFTBALL CONDITIONING

A NEWSLETTER DEDICATED TO IMPROVING BASEBALL AND SOFTBALL PLAYERS

Volume 14, Number 5

WHAT'S INSIDE?

Performance Conditioning Baseball/Softball Now Digital

As we approach our 15th year of publishing, we are excited to announce that we are now digital. This advancement provides our readers with greater educational opportunities by linking in-depth information with the click of a mouse. Our thanks to the Professional Baseball Strength and Conditioning Coaches Society for their support in making this happen.

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There are many other aspects of this advancement including direct links with sponsors, authors, access to research documents and more. This is only a start. Expect more advancement in the future. We hope you enjoy this issue and thank you for your continued support.

Something to think about.

Ken Kontor

Performance Products - Motus mThrow
Brian Klutch



Olympic Lift Movements for Baseball:
A Basic Overview of Considerations and
Variations for Baseball Performance
Lauren Green

Building a Better Baseball Athlete
in Major League Baseball
John C. Philbin



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Performance Products - Motus mThrow

Brian Klutch

Performance Products provides the fitness marketplace the opportunity to link you to their products' "unique selling points" that sets them apart from others and how these unique selling points benefit the athlete to improve performance and/or injury prevention based on their product claims. We hope you enjoy this series and would appreciate your comments and ideas.- Ken Kontor condpress@aol.com



Problem:

Hurling fastball, after curveball, after slider puts incredible strain on a pitcher's arm, which, over time, can cause painful tears in the ulnar collateral ligament (UCL). To make matters worse, pitching coaches can do little to predict the injury. They look at certain metrics-- throwing speed and pitch count--to guess when a player's arm might be in over-drive, but those aren't all that accurate. Last year, for example, 30 Major League Baseball (MLB) pitchers were benched to undergo UCL reconstructions, dubbed Tommy John surgery after the first player to get it, in 1974.

Solution:

During spring training this year, more than 10 MLB teams began using the Motus mThrow motion-tracking system to keep tabs on pitchers' arm health. Players wear a 1.3-inch device with three gyroscopes and three accelerometers just above the elbow inside a compression sleeve. An app creates a 3-D model of the arm movement and calculates things like UCL torque and arm angle. Coaches get a snapshot of performance and alerts if signs of fatigue (say, a drop in elbow height) appear. More precise data helps coaches make arm-saving decisions such as pulling a pitcher when his arm needs rest.

Symbols to Success
Articles preceded by:

BGN indicate author believes content is for beginning-level athletes with training age of 0 to 2 years.

INT indicates author believes content is for sport (intermediate)-level athletes with training age of 2 to 4 years.

ADV indicates author believes content is for expert-level athletes with training age of over 4 years.

NOTE: Training age year is continuous year-round conditioning beyond just playing baseball/softball.

R following articles indicates the content has been reviewed by the editorial board.

O following articles indicates the content is the sole opinion of the author.

Article preceded by a T + a number 1-7 indicate the article is relevant to one or more T's in our 7-T system of program design.

T-1= Training Age (see above)/History

T-2= Time **T-5**=Testing

T-3= Tools **T-6**=Total Workload

T-4= Teaching **T-7**=Team Position

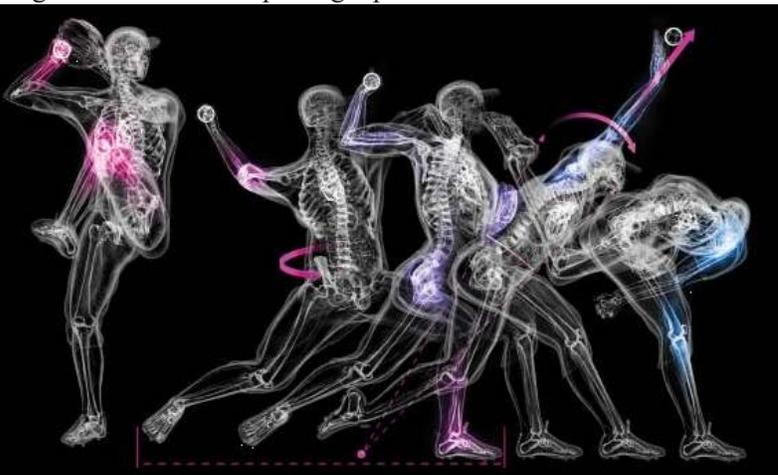
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Presents

Members' Forum

Olympic Lift Movements for Baseball: A Basic Overview of Considerations and Variations for Baseball Performance

Lauren Green, MS CSCS PES, Minor League Strength and Conditioning Coach, Los Angeles Dodgers

Current Lauren is the strength and conditioning coach for the Los Angeles Dodgers High A- Rancho Cucamonga Quake. His responsibilities include creating and implementing resistance training programs within the coordinators designated protocol, lead large groups (40+) through warm-up and conditioning, educate/counsel players on nutrition, and assist athletic trainers in rehabilitation of injured players. Along with training, he helps create and implement new player education programs for nutrition and sport psychology.

The following information is based on recent presentation Lauren did to the entire medical staff (MLB included) regarding the use of Olympic lifting for baseball performance enhancement. He was encouraged by my peers and coordinators to take the presentation outside of our walls and share it. Here it is! -Ken Kontor, publisher



Lauren Green

What are Olympic Lifts? What is The Sport of Weight Lifting? In recent years, a lot of attention has been called to the sport of weightlifting and its practice as a tool for sports performance enhancement. Although the sport of weightlifting has been around over a century, its use as a sports performance training modality is relatively new and still debated among sports performance professionals. In my opinion, the debate over Olympic lifts lies within its risk-reward ratio not its ability to improve specific athletic qualities. There is a large amount of research that shows measurable improvements in performance qualities from Olympic lifts, such as: countermovement jump height, max force output, rate of force development, muscle activation sequencing (coordination). In this article I am going to discuss some of the known adaptations from Olympic lifts and their variations, and how they can be used to improve on-field baseball performance.

The competition lifts, the Snatch and the Clean & Jerk, are highly technical lifts that require years of practice and skill development to execute correctly and safely. The multi-joint, high intensity compound movements require a relatively high level of kinesthetic awareness, proprioception, coordination, posterior kinetic chain development, core strength, muscular flexibility, and joint mobility. If any of these qualities is lacking, the athlete is at a higher risk of injury. As the priority of any sports performance training program is to enhance athletic qualities and work capacity specific to that given sport, injury prevention must be paramount. As we all know, a great player is not any good when they are on the bench. As training is prescribed stress for a desired adaptation, it is up to the performance coach to design a program that is developmental, challenging, progressive, and safe. Olympic lifts can promote strength, neurological, and structural adaptations; but



must be valued in comparison to the increased risk of injury while performing these lifts.

• **What are the Benefits**

It is important to remember the difference between weight lifting for competition and weight lifting to improve sports performance. The sport of weight lifting is based solely on the execution of the two competition lifts at a max weight. When using the competition lifts for training, it is the execution of these lifts that produces adaptations that will possibly transfer to sports performance gains. I am a firm believer that the individual exercise is not the reason for any athlete's performance gains. It is the execution and skill development within the exercise that transfers into our athlete's performance.

Resistance training is performed with the purpose of improving joint kinematics, strength through range of motion, and adaptations to soft tissue that will improve contractibility and resiliency. We use a moderate to maximal load to teach the body appropriate muscle activation and coordination through each degree of range of motion. This process is very important because it sets a base for athletic performance. This building block is the foundation of all ground-based power sports such as baseball. Ground-based power sports require athletes to generate force from their lower extremities that will then create stability for ballistic core movements (throwing & swinging), or locomotion.

The key to improving performance of ground-based power sports is as much in the timing as it is the amount of force produced. Power is defined by the amount of work done in an amount of time or distance. The more work that is done in less time equates to more power. In this instance of sports performance, we are looking to improve the amount of force being produced (work) in the least amount of time possible. This equates to reaction time, acceleration, top end speed, and rotational power. We improve strength to maximize our ability to produce force, while we try to use that strength as fast as we can to gain advantage over our opponents. Speed and strength go hand in hand in the sports performance world.

Olympic lifts allow us to be efficient and focused in our training. Since Olympic lifts are ground-based power movements, they fit well into the training scope for performance enhancement of baseball. The athletes must create stability within their core and posterior kinetic chain, so that ground reactive forces are efficiently used in the upward movement of the bar. With proper posterior chain activation and stabilization of the trunk, hip and knee extensors become the primary movers. This is a vital role of ground based sports, as poor core stabilization during locomotion leads to inefficient movement and decreased power output. Training with Olympic lifts can improve efficiency of movement and coordination simply through practice and learned muscle activation sequencing.

Along with learning how to activate correctly, the demands of high velocity/high load training will increase rate of force development through improved tissue stiffness and increased neural drive. Neural drive is the summation of motor neuron activation and the amount of muscle fibers innervated in an effort to produce force. Heavy loads require the activation of more fast-twitch muscle fibers, just the same as high velocity movements do. By combining high speed and heavy loads, the athlete is forced to innervate more fast-twitch fibers. Again, teaching the body to activate the desired fibers in a specific sequence for that movement. Once we have taught the body which muscles need to activate at each position of the movement, the athlete's muscles and tendons will adapt to accommodate greater force production by increasing musculotendon complex stiffness to decrease the stretch – shortening cycle of the muscle fiber. A study by Fouré, Nordez, and Cornu showed that ballistic movements can increase the stiffness of the Achilles tendon, which in turn decreases some of the dissipative properties of the tendon. **Diamond Link:** Click [HERE](#) for Research Paper. This equates to faster transmission of contractile force from the muscle to realized movement about a joint. The faster a muscle can be activated, the faster that muscle can create force and initiate movement, and the more powerful an athlete can be.

• **Considerations for the Youth & Amateur Athlete**

Olympic Lifts are a learned discipline. They take years of practice to master and execute efficiently. Luckily, with the right training progressions and development at an early age athletes can minimize the learning curve and utilize this form of training in their later years. The higher the training age an athlete has, the more their risk of injury from Olympic lifting decreases. As young athletes are growing and developing so are their movement patterns. Training our athlete's proper muscle activation sequencing and movement patterns while they are most impressionable can give us a huge advantage later in their careers.

• **Biomechanical/Anatomical Limitations of Baseball**

When working with baseball players, the performance coach must keep in mind considerations and limitations specific to baseball. Baseball players will show multiple areas of asymmetry, including shoulder mobility, hip mobility, and wrist flexion/extension range of motion. Full Olympic lifts require mobility and stability amongst all three of those major joint complexes. An athlete lacking in stability at either the shoulders or hips will not allow for efficient movement through the lifts and increase the need for compensation along the kinetic chain, which in turn increases the chances of injury. When an athlete lacks in mobility about those same joints, including the wrists, their ability to get into the positions needed for safely loading heavy weights is compromised.

Baseball is a rotational and overhead sport that is practiced and played on a daily basis. The athlete's bodies are subject to morphological changes in their development. Although these changes aid them in their on-field performance,

they can limit their ability to use certain training practices such as Olympic lifts. For example, most baseball players will have limited internal shoulder rotation. Internal rotation is necessary for the upright row position seen in the transition from the second pull to the front rack position of the clean. This leads into another issue some baseball players might have with wrist flexion. Poor tissue quality of the wrist flexor complex can lead to a decrease wrist extension, making it difficult to receive the bar in the front rack position.

Along those lines, a tight or restricted latissimus dorsi of the throwing side can lead to a lack of shoulder mobility, specifically flexion about the shoulder. The front rack position requires shoulder flexion, elbow flexion, and wrist extension, along with shoulder external rotation. Although baseball players have above average external rotation, it is secondary in the front rack position. The majority of movement will be through elbow and shoulder flexion. Maximum elbow flexion combined with external shoulder rotation places a great amount of valgus stress on the elbow, which is in addition to the valgus stress seen during overhead throwing. This additional stress can lead to overuse injuries, tissue damage, or joint dysfunction in situations of poor mobility. It is very important to keep in mind the risks versus the rewards of training. As a performance coach, we must be accountable for our athletes stress from game and practice activities when creating our training programs, to ensure we do not push athletes in the direction of overuse.

• 6 Stages of Progressing Your Athlete

Because baseball players are inherently asymmetrical, due to the unilateral and rotational nature of the sport, traditional Olympic lifts may not be advantageous due to the demands of movement efficiency in the lifts. Although, we can still use the principals of Olympic lifting in our training programs to gain the power adaptations seen in competitive weight lifters. With an emphasis on progression and movement, we can modify the Olympic lifts to benefit baseball players while minimizing the risk of injury during training. Progressions need to begin with movement qualities and work to the point of maximal effort dynamic movement. Progressions should be viewed as a pyramid in which movement qualities are the foundation for building strength through those movements. This then leads the athlete into using that strength dynamically.

I break up this progression into 6 stages: Mobilization/Stabilization, Sequencing, Strength, Strength-Speed, Speed-Strength, and Power. The Mobilization/Stabilization stage is strictly about finding restrictions in movement or points of instability. The Sequencing stage is focused on activation of specific muscles in proper order to accomplish the given movement with efficiency. Once the athlete has learned the movement, we can now add additional load to build strength in that movement and begin the process of improving force production. We progress from there into our Strength-Speed stage, which puts an emphasis on force production with time emphasis. The difference between the Strength-Speed stage and the Speed-Strength stage is the emphasis of force production versus RATE of force development. The Speed-Strength stage is where we begin to make use of our strength gains with a focus on neurological adaptation. The final stage, Power, is focusing on maximizing all of the adaptations from the previous stages in a dynamic movement.

It is important to incorporate bilateral to unilateral progressions within the program. Although players begin in bilateral stances, they will immediately move into unilateral positions. Whether they are in the field and breaking for a ball, or in the box and loading to swing, the athletes will go into a unilateral position. As a part of training our athletes to be explosive, we should be training specificity. Baseball is played by beginning movements in a bilateral stance with lateral positioning that leads into a unilateral stance with linear positioning. It is imperative we train our athletes to efficiently get from lateral to linear positions and from bilateral to unilateral stances. Athletes should begin in bilateral stances in the beginning of each stage and progress to unilateral stances.

Contrast training is a great way to maximize the effects of the Power stage. Contrast training involves the combination of a strength exercise along with a plyometric exercise in a superset (Weighted Squat with Box Jump). This practice utilizes the effects of Postactivation Potentiation (PAP), in which the neurological system is acclimated to the necessary motor unit recruitment needed for the loaded force to increase neural drive. Residual neurological activation after the loaded exercise is present for up to 10 minutes after the exercise. When timed correctly, the overactive neural drive can be utilized in the plyometric exercise to emphasize rate of force production and motor unit recruitment in a dynamic capacity. I emphasize that PAP does not increase strength capacity, yet it allows the athlete to actualize their true strength capacity through maximized neurological activity.

• Variations to Benefit and Maximize Baseball Performance

The Snatch and the Clean & Jerk are very similar in their movements except for the snatch is caught overhead with arms extended, and the clean is caught in a front rack position. The importance of these catch positions for baseball players is always under debate. I believe the risk for our athletes is the greatest in that phase of the lifts. It is never a certainty that an athlete will get injured doing these movements, but with the aforementioned considerations for baseball players, I don't believe the rewards outweigh the risks and I avoid those positions.

In my opinion, the most influential phase of these lifts is the hip hinge found in the second pull of both the Snatch and Clean. The second pull begins after the scoop phase, in which the bar has just cleared the knees. This is where the greatest peak force is seen throughout the traditional Olympic Lifts. At this point, the athlete is in the best position to maximize power derived from the hip hinge and practice creating force through the ground through his hips. This position is also the most similar to the "athletic" or "ready" position used by hitter and fielders. Teaching the sequencing and

power derivation from this position is the most transferable to the field.

The beginning of the second Pull is known as the hang position. This position is very similar to a fielder awaiting a batted ball or a base runner leading off. This position allows the athlete to load their hips, knees and ankles for triple extension. The hang position is great for teaching the body triple extension from a similar starting position they will encounter in the game. A variation of the full Clean exercise, the athlete should attempt to drive into extension as quickly as possible. As the purpose of the lift is to generate power as quickly as possible, the exercise can end there. Although, the varying catch positions offer benefit the athletes by way of reactive strength. Reactive strength is that athlete's ability to rapidly assess external forces and produce force quickly enough to overtake the external for, similar to the eccentric loading of a depth drop.



To accommodate the considerations specific to baseball players, I prefer the use of dumbbells in place of the Olympic bar. Dumbbells allow the athlete to get into the front rack position without needing as much shoulder and wrist extension. This way the athletes can perform a similar exercise more safely, and still execute the desired movement from the traditional lift that we are seeking.

• **Conclusion**

Despite the debate about the efficacy of using Olympic lifts amongst sports performance professionals, there is valid evidence for the adaptations that come about from the training that are congruent with improving sports performance. The issue is applying these principals safely. The Olympic lifts themselves are not the key, but the principals within the lifts. Athletes need to generate force quickly, precisely, and efficiently. The principals from Olympic lifting allow us to help our athletes reach that potential, and is a valid tool you can use to help progress your athletes to another level. 🏆

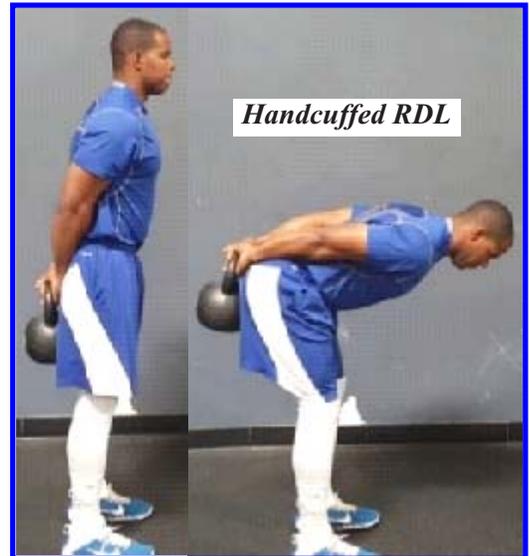
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• **Exercise Examples**

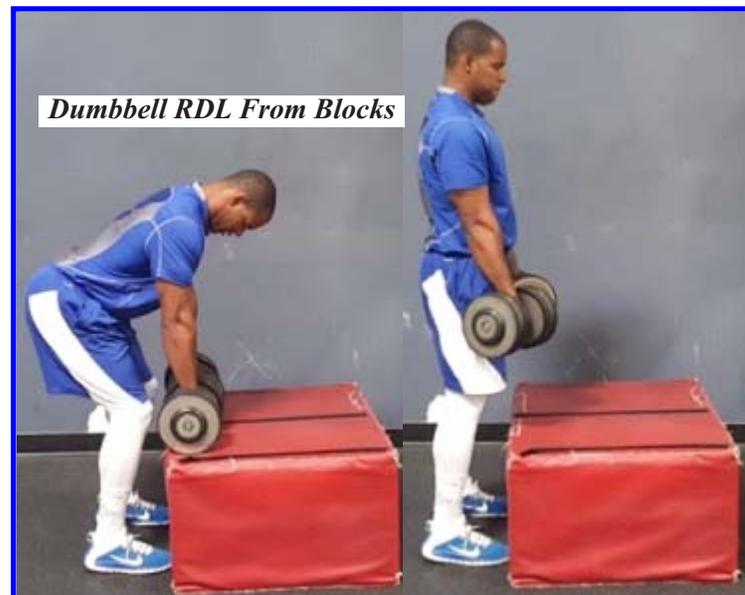
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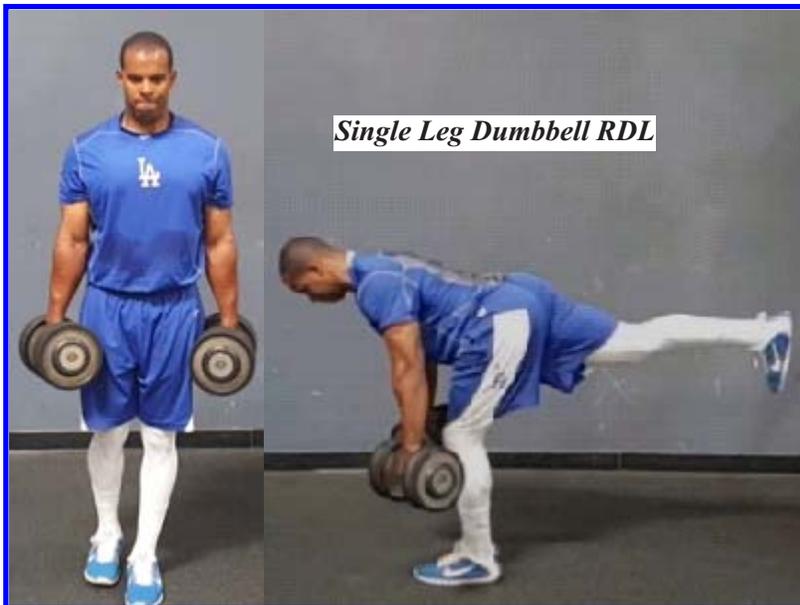
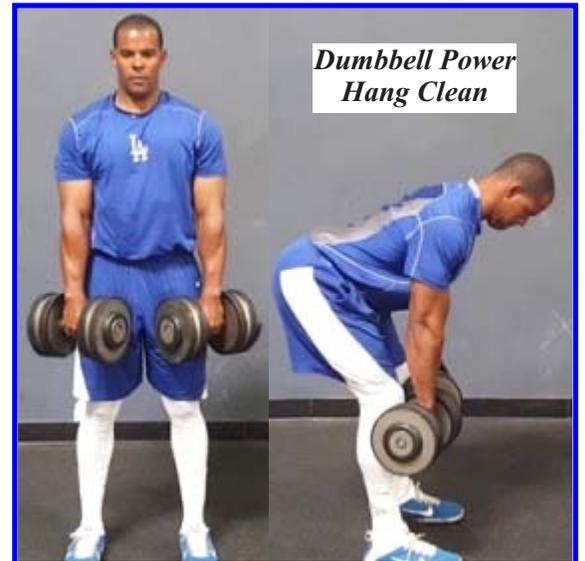
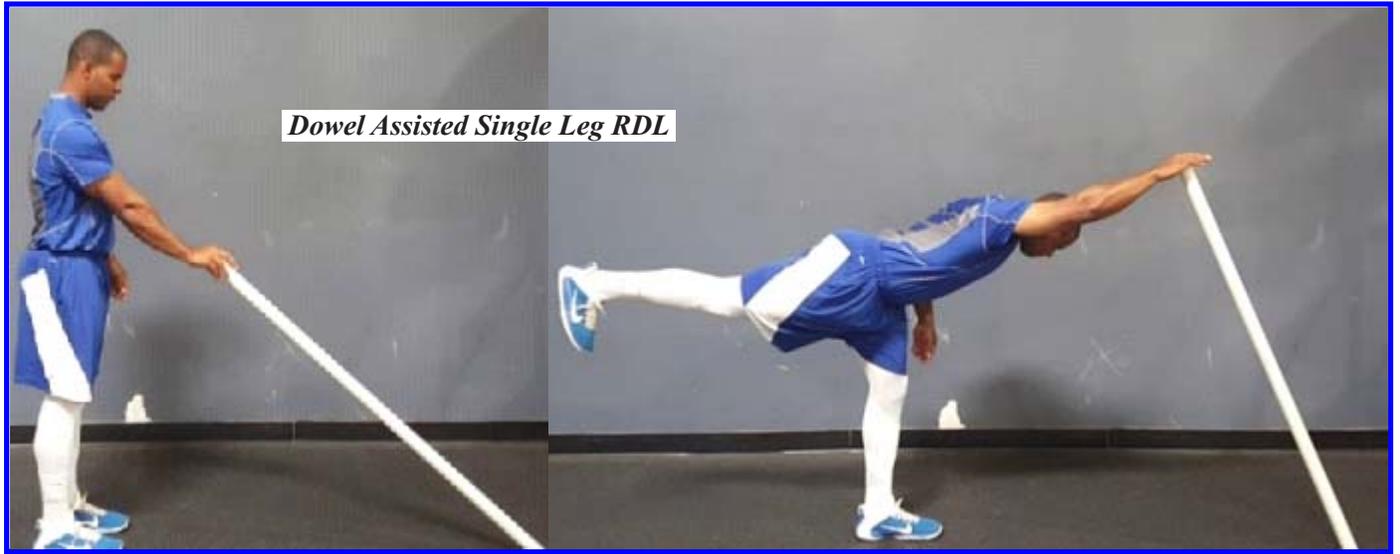
Barbell RDL



Handcuffed RDL



Dumbbell RDL From Blocks







Building a Better Baseball Athlete in Major League Baseball

*John C. Philbin MA, RSCC*E, CSCS*D, CCS-NSPA, CPRS; Head Strength Coach, Washington Nationals MLB Baseball Team*

John has been the head strength and conditioning coordinator for the Washington Nationals since 2008. He is also an adjunct professor at the University of Maryland's kinesiology department and teaches strength and conditioning to upper level kinesiology majors.

Philbin is president and founder of the National Strength Professionals Association (1985), an internationally recognized educational agency that focuses on strength and conditioning coaches, athletic trainers, physical therapists, personal trainers, physical education teachers, sports coaches and youth athletes. He coordinates the annual Baseball Injury Prevention and Peak Performance conference at the Washington Nationals Baseball Park with over 200 coaching professionals in attendance and was recently appointed the NSCA State Director for Maryland.

He was previously an assistant strength and conditioning coach for the Washington Redskins organization (1993-2000). His specialty is speed / acceleration / agility and power development training. He also wrote the book "High Intensity Training" published by Human Kinetics.

In addition to his MLB and NFL experience, Philbin worked for WBA Boxing (2001-2005) with numerous world championship boxers. He was head coach for the 1992 Winter Olympic bobsled team and director of sports science and conditioning (1986-1992) for the US Bobsled Federation. He was the Head Strength Coach for the USOTC in Lake Placid (1982-1984) and also assistant strength coach at the University of Maryland (1979-1981). He was an All-American Decathlete and member of US National Bobsled team.



John C. Philbin

John Philbin has been a strength and conditioning coach for over 35 years. His vast experience in working with world class athletes and programs shaped his philosophy of building the best athlete he can build and having that athleticism carry over to sports skills. Here is his way of approaching this concept. – Ken Kontor, publisher, Performance Conditioning Baseball/Softball

PC: What is your overall philosophy in building a baseball athlete?

JP: Our philosophy continues to evolve over time and is constantly being evaluated as we continue to learn and evolve. Baseball is an anaerobic sport that requires a very unique skill sets. Our primary goal is to enhance the players athletic ability and maintain their over all health. I consider our program a “hybrid” that draws from many different types of training philosophies and applications. We evaluate each player as an individual and design their strength and conditioning program based on the following variables: pitcher vs position player, genetic body type (% BP / Wt.), physical testing (mobility / strength / power), past history of successful programming, their off season routine, history of corrective exercises, past injuries, modality preferences and discussion on specific goals for the season. My assistant, Matt



Eiden, and I take each individual player through their workouts which gives us the opportunity to evaluate them one on one daily; assure perfect form, record accurate results, and discuss their overall health which might include nutrition and supplements.

PC: Can you give us an overview of this building process in MLB?

JP: One of our primary goals in our program is establish the trust of the players so they have 100% confidence in our program and the goals we have established for the year. If a player has been with us for a year or in our minor league system we have the ability to evaluate the previous years programming and make adjustments to the periodization plan accordingly. I do know that every year a player plays in MLB will help refine his program on an individual basis for optimum performance through out the season. Our basic weekly program for position players and relievers is a 3 day cycle lower / upper / core. Our basic starters program is Day 1: lower / 10-12 poles, Day 2: bullpen / upper / 12 3/4 poles, Day 3: core / 12 1/2 poles, Day 4: 10 1/4 poles. (throwing everyday)

PC: Let's talk about the players with their own exercise routines. They do an exercise or two that is not apart of your program, so how do you handle that situation?

JP: We have had a few veteran players over the years that come to use with routines that they have tweaked throughout their career with success. They share the program with us, and if we believe that there is a particular exercise that could potentially be risky or contraindicated we express our concerns. We make suggestions on how to make it safer and or an alternative exercise accomplishing the same objective. We have never had an issue with this approach and have found that the players appreciate our input. For instance, the power clean, which we choose not to incorporate because of the inherent risk to wrist and elbow. If a player does decide to utilize this lift we will break it down and demonstrate perfect form and technique. In addition, we recommend keeping the weight light (50-60% of 1 RM) and emphasis a quick and explosive movement for 3 to 4 reps x 2 sets. We have found that most players that do power cleans do not have good technique, and use too much weight which deteriorates proper form and decreases the explosive nature of the lift.

Another lift worth discussing would be the Olympic free squat (front or back). One of our favorite lifts for over all leg strength, power and hip mobility. However, some players again do not have good form or have had lower back issues in their history. That said, we emphasis lighter weight (50-60%), perfect form 6 to 8 reps with 90 degree quad angle and constant heal pressure especially at the bottom. In many cases, our primary goal is to increase hip mobility and avoid heavy loads that might irritate the lumbar region (L-4 L-5 S-1). We would then use the leg press machines (LF or Kieser) to perform 2 sets of maximum effort (failure) 10-12 reps to maintain max strength for the hips and legs.

I believe its critical that young strength coaches can breakdown and exercise and clearly define its goals and purpose. I recently read an article in this publication called "Resistance Training on an Unstable Surface" by Rich White (Volume 14, No. 3) which I found to be right on point. We must incorporate strength exercises that focus on building pure strength by taking the muscle toward failure in a stable environment. However, we do add exercises that challenge balance, coordination, core activation which will continue to enhance the players overall athleticism.



Figure 1



Figure 2



Figure 3



Figure 4

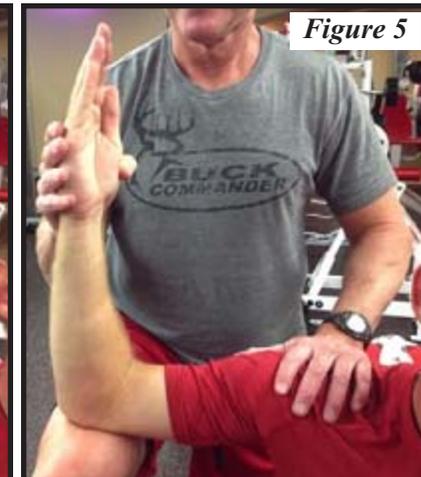


Figure 5

We do not try and mimic any sports specific movement pattern in the weight room.

There are several other exercises that we choose not to include in our program primary do to potential AC impingement: Olympic snatch, Olympic free bench, dips, upright row, pull downs or military press behind the neck.

PC: Talk a little about how you deal with your players off-season programs and trainers that work with your athletes?

JP: We only have 2 players that live in the D.C. area in the off-season that workout with us. The rest of the 40 man roster will workout at a performance center, hire a personal conditioning coach, or workout in their home gym. We will send each player an off-season manual and in some cases will send a manual to their personal trainer. The player or the their personal trainer will send us updates on a bi-weekly basis. We realize that every trainer has a different approach, philosophy, and background so it's important that we establish a good working relationship. We talk with the trainer so we can understand their approach and agree upon a program that both parties are happy with. We use a wide variety of tools and modalities and we encourage variety in their off-season programming as long as its safe and productive. Matt and I will fly to different parts of the country and coordinate workouts with most of players midway through the offseason to asses the players progress, meet with the trainer, check out the training facility, and make adjustments to program accordingly.

PC: Does your strength program differ between pitchers and position players?

JP: For the most part their programs are much the same however all of our pitchers are performing scapula and rotator cuff exercises. Many of our pitchers prefer manual strength training with the smaller muscle groups i.e. rotator cuff, scapula, forearm. The pitchers prefer the consistent rotatory resistance throughout the full range of motion both positive and negative with the manuals. We perform one set 10 - 12 reps. During rotator cuff movements some of our pitchers like to change the hand position neutral / supination / pronation to create different activation to the rotator cuff movements. (Figures 1 - 6).

All the players are trying to keep the maximum strength they built in the off-season. Position players and relievers basically do a 4 to day rotation: legs / upper /core / rest. Basic leg exercises for all players: Squat or leg press / 2 way hip extension maximums minimus (Figures 7-10) / hip flexors / step-ups / lunges / RDL's / leg curls / 4



Figure 6



Figure 7



Figure 8



Figure 9



Figure 10



Figure 11

way isolation Abductors (Figures 11-14) and Adductors / and one plyometric movement. Upper we have four basic double jointed; Hammer or DB rows , DB bench or push-ups, pull-downs or pull-ups, Hammer or DB incline presses, an assortment of isolation (single jointed) lifts: lat pull over and extension / 3 way lat extension, 2 way post-delts, 2 way anterior delts, 3 way chest cross, 2 way biceps, 2 way triceps. Core is divide into 3 categories: ground base (varies sit-ups), endurance isometric (planks), explosive rotation (cable, med ball toss).

PC: What about the relationships you have with the trainers and PT's? How do you integrate pre-hab exercises with your training routines and avoid overdoing it?

JP: We have a daily medical staff meeting and discuss the athletes on the medical report. The daily communication makes a huge difference for the players progress and gives us a clear perspective of the goals and daily objectives. We do a great deal of transitional work from the training room to the strength room so its critical that everyone is on the same page and sharing their opinions. Our PT is not always with us on the road, so we must oversee and implement the players pre-habilitation program and again have a clear understanding of the exercises and objectives.

PC: So you are not only the strength coach, but you are also a reconditioning coach who oversees the transition process from pre-hab to strength program.

JP: The trainer or PT will spend time in the weight room going over the rehab exercise protocols and objectives. Once the player has completely transitioned to us we will add corrective exercises to their program to avoid any reoccurring issues. Every players situation is slightly different but in general the rehab/corrective exercises are incorporated into the strength program. These exercise might add an additional 10 to 15 min to a normal routine which would normally take about 20-25 min. Most, if not all of our players are doing some form of corrective exercises that will prevent injuries in the future. All of our players spend extra time on the foam roller and will get a one on one PNF hip mobility stretch prior to BP or the game. All of our players are getting massages, treatment, and hot/cold tube before and after games.



Figure 12



Figure 13



Figure 14

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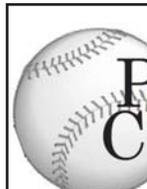
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