

DEVELOPING IN-SEASON

CREATING A PLAN TO DEVELOP NOT MAINTAIN

Zach Dechant
TCU Baseball
Strength and Conditioning



LOOKING AT THE ISSUES

Reasons:

“Don’t have enough time.”

“Don’t want to be sore.”

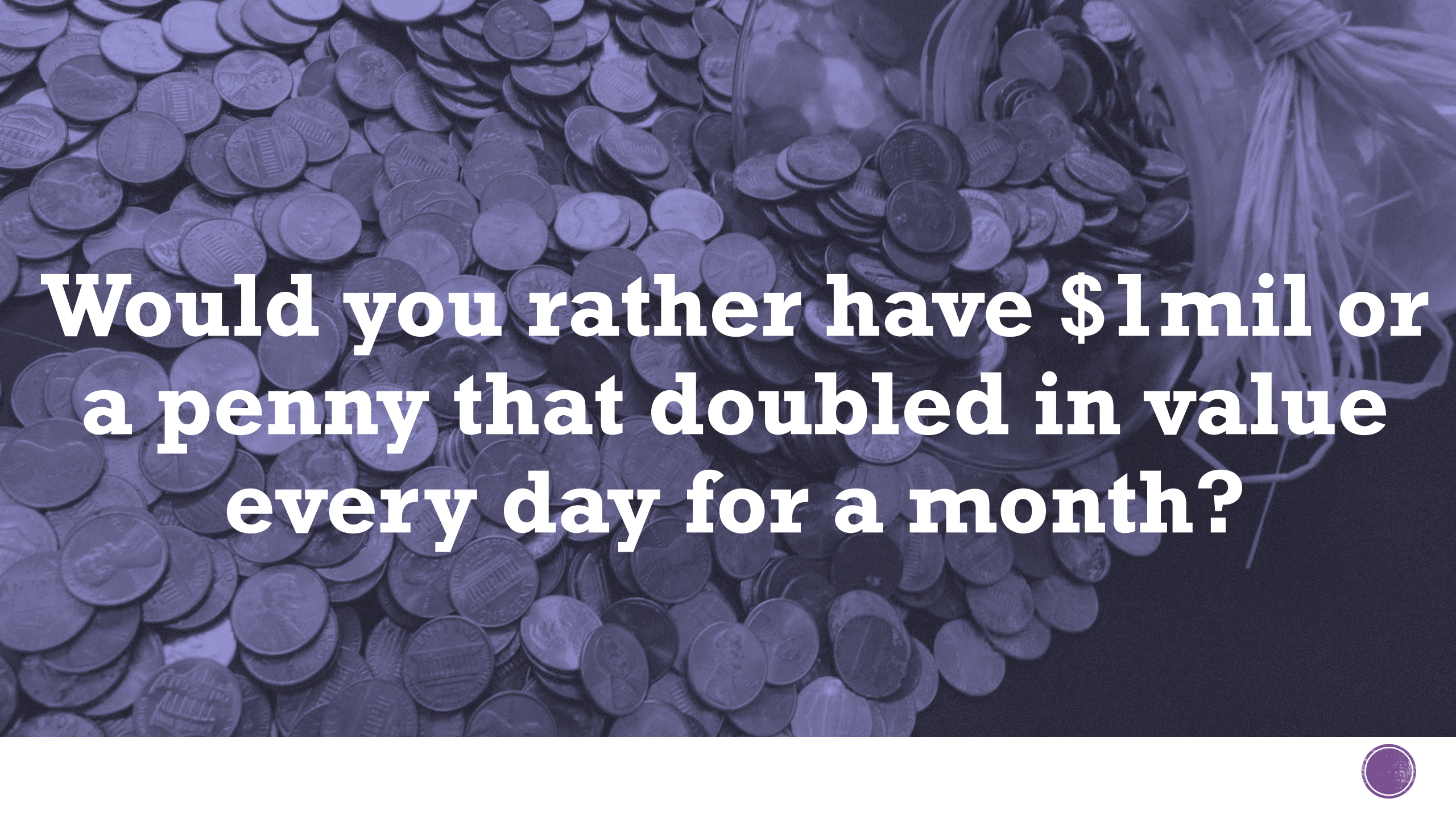
“Don’t want to be tired for my games.”

“I’ll wait for the off-season.”

1. Physical capacities
2. Durability
 - The best ability is durability
3. Feeds skill development

You can have
RESULTS
or
EXCUSES
not both



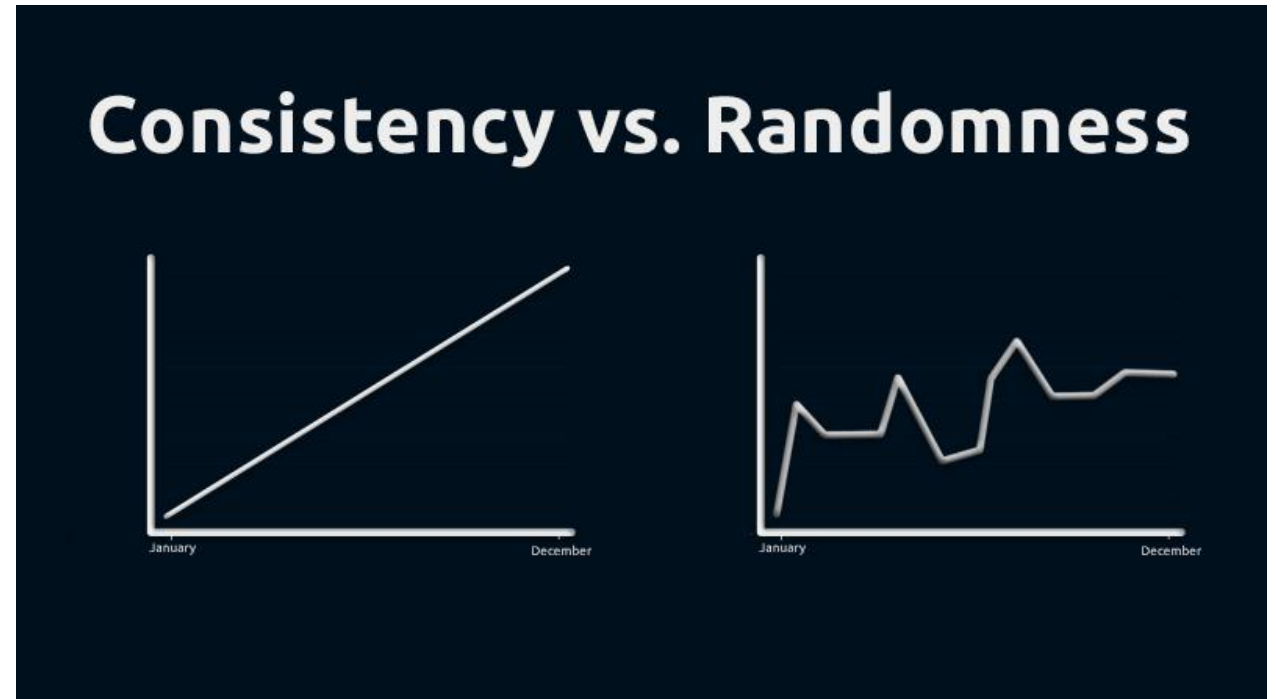


**Would you rather have \$1mil or
a penny that doubled in value
every day for a month?**



CONSISTENCY MATTERS

- The MOST important factor
 - Compounding gains
 - Small things matter
 - Consistency will beat hard work that isn't consistent!!!
- Otherwise
 - Soreness and stiffness
 - Body will adapt
 - This isn't P90X
 - We don't want the body guessing
 - Marginal gains
 - Injury risks





30 Days:

\$5,368,709.12

31 Days:

\$10,737,418.20

SMALL THINGS MATTER



VARIETY ???



- **Less is more**
 - We don't want change
 - New stimulus
 - Adaptation energy
 - Soreness and stiffness again
 - Keep to a minimum in-season
 - Movements to be aware of:
 - RDL's
 - SL RDL's
 - Single leg work
- **Opportunity of movement**

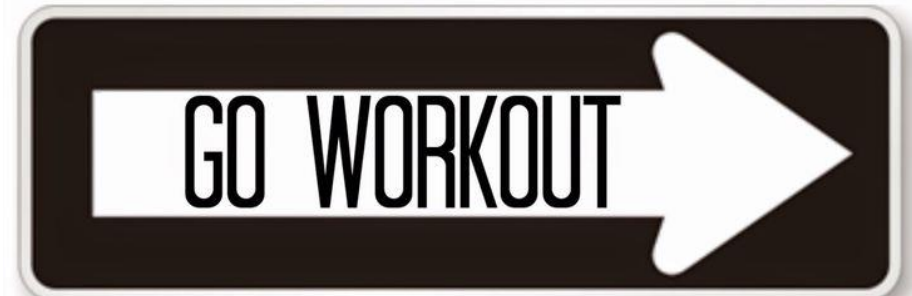


DISAPPEARANCE OF THE OFF-SEASON

- There is no off-season anymore
 - If you're waiting to develop in the off-season just keep waiting!
- Don't trick yourself into thinking otherwise
 - HS Season
 - Select Games
 - Showcases
 - Fall Ball
 - Summer Ball
 - Camps
 - Lessons

If you're waiting
for a sign...

HERE IT IS



DISAPPEARANCE OF THE OFF-SEASON

- College Off-Season
 - Fall Ball
 - 7 week period
 - Holidays / Finals
 - Summer Ball
 - 16 weeks...14 weeks...13 weeks...12.5 weeks...5.5 weeks...???
- In-Season
 - Stronger In-Season than any other part of the year
 - WHY????
 - 20+ weeks of continual development (26 to be exact)
 - CONSISTENCY rears its head again
 - 78 training sessions vs 54-26-0
 - Consistency will beat hard work that isn't consistent!!!



WINDOW OF DEVELOPMENT

- **Monster window of physical development**
 - Best opportunity in an athletes career are during the teen years
 - They get better regardless of you....Think about that!
 - Speed / Movement Skills – Early
 - Strength - Late
 - The best velocity program is puberty -Cressey
- **Gains Come and Go**
 - Novice athletes will lose it all quickly
 - Drop 15-20% with a 2 week layoff
 - Gains unstable
 - **Advanced**
 - Residual training effects last much longer
 - <5% over 3+ months in highly trained



WINDOW OF DEVELOPMENT

- **Transfer to performance**
 - Strength is so important at this level
 - ALL MOTOR ABILITIES RAISED
 - SPEED
 - POWER
 - Lessons Culture
 - PHYSICAL limiting factor
- **Build the motor**
 - Assists to build skill in novice athletes
 - Take 6 months off and train...better
 - Speed Barrier



KEEPING KIDS HEALTHY

- Spine

- Pars Fx

- 100's swings / week
 - Detrained or weak core
 - Pelvic Control
 - Movement Patterns

= RECIPE FOR INJURY

- Rotator cuff

- 3-18% loss during periods of heavy throwing

- *MJ Mullaney Jan 2005*
 - *MM Reinold Jan 2010*

- Fatigue

- Know your player

- Novice vs advanced
 - NOVICE
 - CNS inefficient
 - Able to rebound quickly
 - Muscular based fatigue

- Coach's eye

- Acute vs chronic

- Raise workloads gradually
 - Soft tissue injuries
 - Too much vs prepared for



BIG PRINCIPLES

- **Consistency**
 - Make the commitment
- **Big basic movements**
- **Variety isn't change**
 - Tempos
 - Reps
 - Half them
- **Doesn't need to be heavy**
- **Doesn't need to be fatiguing**
 - Soreness isn't an indicator of a good workout



CREATING A PLAN

- 2-3 sessions / week
 - 30-45 min
 - Big movements
 - Don't waste time
 - PITCHERS
 - Importance of a routine
 - Didn't throw... didn't throw... didn't throw
 - CONSISTENCY....again
- Missed workouts
 - Adjust intensity / volume
- Alternatives
 - Rain delays
 - Integrate into warmups
- GAME DAY TRAINING
 - Stimulate don't annihilate
 - Evaluate your situation
 - Mornings vs afternoons
 - Lots of movement
 - Dynamic warmup
 - Soft tissue work
 - Fast movements
 - Medball Throws
 - Jumps
 - Big movers
 - Light and productive
- Should feel energized



DON'T COMPLICATE IT

OPTION 1

1. Front Squat 3x5 w/ 2' rest
2. DB RDL 3x10 w/ 1' rest
3. Reverse Pullup and/or Pushup
2x8-15 w/ 1' rest

Active rest period filled w/ rotator cuff
and/or core

OPTION 2

1. Trap Bar Deadlift 3x5 w/ 2' rest
2. DB Reverse Lunge 3x10e w/ 1' rest
3. Reverse Pullup and/or Pushup
2x8-15 w/ 1' rest

Active rest period filled w/ rotator cuff
and/or core

What about speed ... medball throws ... biceps... and everything else?



MICRO-DOSING

- Time management
- Small doses repeated throughout the week
- Create an ideal training program
 - Most likely won't have time
 - Half it
 - Small bits everyday
 - 20 min 4x/week vs 40 min 2x/week
- Advantages
 - Motor learning
 - 1x/week vs 4/week

- Day 1
 - FS + Rev Pullups w/Core
- Day 2
 - RDL+ Pushup w/Scap/RC
- Day 3
 - FS + Rev Pullups w/Core
- Day 4
 - RDL + Pushup w/Scap/RC

Lower: 2/3x5

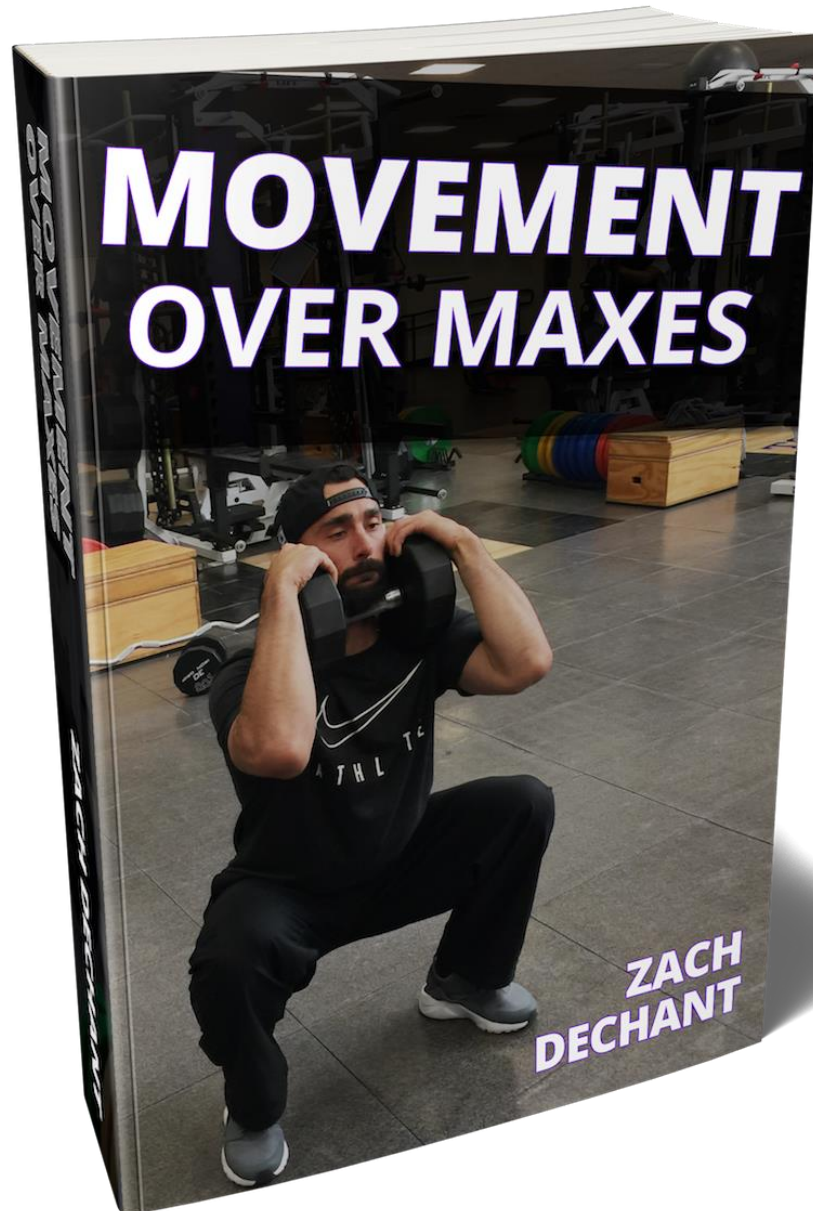
Upper: 2/3x5-8





Long term **CONSISTENCY
trumps short-term intensity**
-Bruce Lee

Coming Spring 2018



QUESTIONS

Z.Dechant@tcu.edu

ZachDechant.com

twitter.com/ZachDechant

youtube.com/ZachDechant

