

# **SHARP**

## **PERFORMANCE**

**Preseason Program**



# How can we help you as coaches?

The preseason preparation is one of the most important times of the year for our players.

Being able to move correctly and with precision and control will help our athletes tremendously.

## Preseason Program Focus:

- **Movement**
- **Speed**
- **Power**
- **Strength**



# Movement

Movement is the most important fundamental element in our players' skill set. It is the foundation on which we can start to build a well-rounded athlete, poised to compete at the highest levels.

Focusing solely on a player's speed and strength is pointless without also providing the tools to utilize these skills efficiently through a companion training program focusing on mobility and flexibility.

Movement training encompasses everything that goes into being a better mover.

Athletes cannot access the pounds of muscle they have packed on during weight training to maximum efficiency when they are hampered by muscle tightness and rigidity.

Mobility training is hugely important and should be prioritized; training must be done frequently throughout the week!





# Speed

Our game is measured in speed. Foot speed, arm speed, bat speed.

A game is won or lost in the infinitesimal moment of time it takes to change direction, to accelerate and decelerate at an instant's notice. A training regimen focusing on the proper mechanics of a sprint will separate a winning team from a losing one every time.

The reaction time and rapidity of a player's change of direction will raise the odds of a close call going in your favor during a clutch moment of the game.

Everyone wants to be faster but are they willing to work on what it takes?

Players are looking for an instant fix. They want the results right away. Winning programs understand however that fixing running mechanics takes time and repetition. It takes hard work.

Initial impressions of our academy suggest that running mechanics and overall athleticism needs improvement.



# Power/Strength

We all want our players to be monsters. We want our physicality to win every time we step on the field. However, sloppy form in the weight room coupled with an inefficient training program is more likely to lead to injury than advantage.

Our plan is to focus heavily on stability, core strength, and rotational power and we understand as trainers that the amount of weight isn't as important as how our athletes are moving the weight.

A PR in the weight room isn't serving anyone if the barbell is moving slowly and shakily and the form is poor. A knowledgably-executed medicine ball workout can be more instrumental in building strength when done correctly. Weighted balls and bats aren't the answer to throwing and swinging faster.

Building rotational power by working hard in the weight room will translate into success on the field, paying dividends on the mound and in the box.





**We're making**

**Athletes**



**NOT**

**Body  
Builders**





# Overall

Speed and strength development needs to be held to a high standard. Infinite, repetitive hitting and pitching drills only focus on the basic framework of the game and don't address the incredible advantages earned through a program that includes movement, speed and strength training.

Without incorporating these elements into a program, overall athletic development will suffer and a team will not be putting up wins.

Committed, year-round training that incorporates a broader, well-rounded approach is the only way to ensure that athletes are reaching their maximum potential.

