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
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
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
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 athlete's 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
KEEING 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

MOVEMENT OVER MAXES

ZACH DECHANT

QUESTIONS
Z.Dechant@tcu.edu
ZachDechant.com
twitter.com/ZachDechant
youtube.com/ZachDechant