

Tubing, Thrower's 10 & Poles, there's more to baseball than
this

Thomas P. Rohling C.S.C.S. & M.S.C.C.
Strength and Conditioning Coach
Samford University Athletic Dept.
Adjunct Instructor
College of Health Sciences
Department of Kinesiology and Nutrition Science.

- There are 2 kinds of speakers; those that are nervous and those that are liars.
 - Mark Twain

- The purpose of sports is to make better functioning adults. Unfortunately it has turned into who can get a scholarship or win the league tournament and make dad and mom look good and feel good about themselves.

I reserve the right to change my
mind

A true sign of insanity is to think that you can continue to do the same thing over and over and hope to achieve a different outcome each time.

Albert Einstein

"You need water? You must be out of shape".

- I come from the generation of "bull in the ring".
- I come from the generation of "run a mile for your conditioning test".
 - Hhhhhmmm...,,, how did this workout for us?

- What you are about to hear is a conglomeration of other peoples ideas (Alejo, Boyle, Contreras, Cook, Cressey, Dechant, Mannie, Reinhold, Rippetoe, and Shuler) that I've somehow managed to weave together into a semi – coherent presentation.
- “Good artists borrow; great artists steal.”
- Pablo Picasso

Two Over Arching Goals

- Reduce the risk of injury.
- Do no harm.

- Without building a foundation of proper movement, coordination skills, strength, speed, and power..... Skill development can only go so far. Don't hit your ceiling. #Develop

- Zach Dechant

T.C.U. Baseball

P . A . T . S . T .

- Pitching Coach > Athletic Trainer > Strength & Conditioning Coach.

If these 3 are not on the same page; you have NO chance for success.

- Strength and conditioning principles are like Bell Bottoms, there are trends that come and go. Of which I have been and will continue to be guilty of falling victim to.
- We get old too soon and smart too late.
- I'm too old to know it all.

Steady the horses

Recruiting

Are you an active participant or just a
an inactive observer?

Develop a skill
Have a creative approach

RULE # 1

Protect Your Brain From Your Ego

Questions to be asked

- How many days can your athletes commit to the program?
- Are your players involved in other sports?
- Being the head baseball coach, do you even have any say in the weight program?

- Don't write workouts, write programs
 - Mike Boyle

All my programs are designed according to the latest science of the nervous systems adaptation to stress.

Focus on improving the stretch shortening cycle.

- Our Olympic protocol movements are done from the hang position to work and condition the neural response in the S.S.C. (Stretch Shortening Cycle).

At the end of the day

We use the hang

We emphasize the pull

We use a variety of loads

- Training program design is all about the when and the where.

How much time and how many days

Program Design Parameters

- Mobility over stability over strength
Can't fire a cannon from a canoe

(However, never put up your big rocks)

- When working rotator cuff, core, and wrist/grip protocols alternate stability and strength days.
- Definition of stability and strength:
 - Stability – hold for time.
 - Strength – dynamic movement for reps.

- Mobility is something we lose.
 - Gray Cook

As we age we lose mobility.

(Ex. Look at baby's)

- We should be hip centered creatures.
 - Brett Jones

- A poorly designed program performed well beats a well designed program performed poorly every time.
- Mike Boyle

- You haven't really taught someone until they learn it.
- Brett Bartholomew

There's what you know and then there's what you can implement.

- “We are all apprentices in a craft in which no one ever becomes a master.”
- Ernest Hemingway

If I can't explain it to you I don't know
what I'm doing

“Because I think I’m making progress.”

-Pablo Casales, famous cellist when asked why he still practices at the age of 90.

Stimulate Don't Annihilate

Sample 3 Day Off – Season Program

Day 1 Off – Season	Day 2 Off – Season	Day 3 Off – Season
Dynamic warm – up/activation	Dynamic warm – up/activation	Dynamic warm – up/activation
Bar warm – up complex	Bar warm – up complex	Bar warm – up complex
Cuff – stabilization	Cuff – strengthening	Cuff – stabilization
Core stabilization	Core strengthening	Core stabilization
Hang clean hip – pull	Back squat	Hang clean hip – pull
Vertical jump	Bench or Box jump	Tuck jump
Barbell lateral squat	Weighted push – up or close grip bench press	Partner glute ham raise
Modified core pull – up	Bicep movement (Y/C)	Modified core pull – up
Tricep movement (Y/C)	Rhomboid dumbbell shrugs	Tricep movement (Y/C)
3 point dumbbell row	R.D.L.	Barbell row
Plate holds	Ulnar/radial deviation or pronation/supination	Plate holds

Sample In - Season Pitcher's Program

Day 1 – In Season Post pitch	Day 2 – In Season
Dynamic warm - up/activation	Dynamic warm - up/activation
Bar warm - up complex	Bar warm - up complex
Cuff - stabilization	Cuff - strengthening
Core stabilization	Core strengthening
Back squat	Hang clean hi p pull
Vertical jump	Bench or Box jump
Barbell lateral squat	Weighted push - up or bench press (bench or floor)
Modified core pull - up	Bicep movement (Y/C)
Tricep movement (Y/C)	Rhomboid dumbbell shrugs
3 point dumbbell row	R.D.L.
Plate holds	Ulnar/radial deviation or pronation/supination

Cuff Breakdown

Cuff Stability

- Wall and floor scapula routine
- Scapula wall angels
- Scapula hand cuffs
- 135 degree Y wall slides
- Scapula wall slides
- Towel body saws

(Resistance is either thera bands or body weight).

(Rep scheme is 8 up to 15; resistance is up the rep scheme)

* Scapula stays retracted through out entire range of motion.

Cuff Strength (Less is more)

- Omaha routine
- Cuban press
- Bulldog shoulder saver

(Resistance is an alternating weight of 2.5 to 7.5 lbs)

(Rep scheme is 6 down to 3 using both thumb positions)

* Scapula stays retracted through out entire range of motion.

- Prevent shoulder injuries; pull heavy.
- Core work is about stability, not movement.
In your lumbar region you only have 15 degrees of mobility.
- Think of your core region as anti – rotators, not movers.

Porterfield and De Rossa

Core breakdown

Core Stabilization

- Superman's
- Bird dog's
- Alternate superman's
- Lateral planks
- Side plate or dumbbell holds
- Overhead transverse holds
- Planks or push up planks

Resistance is body weight up to however much weight your players can correctly execute. Time begins with 15 and works up to 30 seconds.

Core strength

- Hyper cobra's
- Superman's
- Alternate superman's
- Barbell roll outs
- Dead bugs
- Alternate dead bug's
- Dumbbell or plate side bends

Resistance is based solely upon correct form and technique. Rep scheme will work from 12 to 6 reps.

Core Transmission

- Chop
- Lift
- Twist

Chop – Lift – Twist Variables

- Half kneel
- Parallel
- Diagonal
- Linear
- 1 - Leg

My Evolution As A Strength Coach

- What the science says
- What my experience has taught me
- The problem today isn't information overload, but filter failure.

- Mike Boyle

- Any fool can make something complicated.
It takes a genius to make it simple.
- What's the difference between reading and believing?
You don't have to believe everything you read.

Thomas P. Rohling C.S.C.S. & M.S.C.C.

- Strength and Conditioning Coach
- Samford University Athletic Dept.
- Adjunct Instructor
- Department of Kinesiology and Nutrition Science.
- e – mail: tprohlin@samford.edu
- Cell #: 205 – 532 – 3458