



College Prep Program

The CPP is The Dome Red Deer's highest-level baseball training program. In the short term this program will prepare athletes to be at their best for the upcoming season, in the long term it will prepare athletes for the demands of playing baseball at their highest individual level. Our goal is to help our players accomplish their goal of playing college baseball.

Our developmental phases and schedules are determined by the following:

- 1) working backwards from where the players need to be to start their summer season (starting in late May),
- 2) factoring in Spring Ball games
- 3) most importantly where they need to be when they graduate high school to

*** We train our athletes within The Dome's 5 Pillars of athletic development- Technical, Tactical, Physical, Mental, Character/Lifestyle.

Phase 1: Nov, 2021 – Dec 31, 2021

Technical

- Initial Assessment (Movement Screen, Hitting Bat Speed and Exit Velo)
- Install daily packages (Warmups, Arm Care (Plyos, J-Band), Daily Infield/Outfield Package, Catch Play, Daily Hitting Package)
- Throwing - On-Ramp Phase (6-8 weeks) – build throwing volume and intensity – not position specific
- Hitting – Bat Speed Phase (4-6 weeks) – teach intent and try and increase raw bat speed – other hitting skills will be addressed in the daily hitting packages
- Defense – Position guided basics- Infield/Outfield/Catching – work on position specific basics

Tactical

- Discussing the why behind the Technical, Physical, and Mental Pillars ex) Q. Why are we doing an On-Ramp Phase for throwing? A. An On-Ramp Phase is used to increase throwing volume and intensity prior

to focusing on higher intensity throwing. Building volume and intensity in a steady progression is important for overall arm health.

Physical

- **Body Composition Test (This will be done every month)**
- **Nutrition Plan**
- **General Physical Preparation- Joint Mobility Focus**

Mental

- **Addressing “failure”** Freeing players up from holding back because of a fear of failing.
- **Being intentional** Helping our players be intentional with their thoughts and actions. Using our thoughts as a tool, not a hurdle.
- **Breathing** Giving the players basic breathing techniques to decrease heart rate and nerves and help them focus on the task at hand.

Character/Lifestyle

- How do we represent ourselves, our families, our coaches, our team, and our facility.
- Self-care (Sleep, rest, nutrition, mental health)
- Decisions we make off the field affect us on the field.

Phase 2- Jan 1, 2022- Feb 28, 2022

Technical

- Throwing – Velo Phase (4-6 weeks) Positional Throwing Concepts - Mound Blending (2 weeks)
- Hitting – Barrel Accuracy Phase (4-6 weeks) – Start challenging swings with velo. Practice should be harder than the games.
- Defense-Start introducing situational defensive play
- Baserunning – leads, concepts, etc.

Tactical

- Start discussing approaches at the plate
- Start discussing game plans for pitchers
- Start discussing defensive responsibilities and game play scenarios

Physical

- Body Composition

- Nutrition
- Mobility
- Explosive Power
- Speed (Acceleration and Multidirectional)
- Strength
- Repetition Method- Focusing on weaknesses

Mental

- Establishing an individual routine
- *OWN, IDENTIFY, ATTACK*- Turning “Failure” into a tool for success
- Visualization

Character/Lifestyle

- Team First Mentality
- Role Acceptance
- Refine off field habits and routines.

Phase 3- Mar 1, 2022 - Apr 30, 2022

Technical

- Throwing – Pitch Design, Bullpens, Live AB’s, Games
- Hitting – Testing changes in competitive situations, machine velo, short box, live AB’s, games
- Defense- Competitive situations
- Baserunning- Competitive situations

Tactical

- Competitive situations
- Individual conversations on how to utilize each specific athlete’s skill sets
- Establishing a plan at the plate ex) Sit Fastball until you have 2 strikes on you.
- Establishing a plan on the mound ex) Establishing the inside part of the plate to prevent hitters from getting full extension.

Physical

- Body Composition
- Nutrition
- Mobility
- Explosive Power

- Speed- Acceleration, Multidirectional, Absolute Speed
- Strength
- Repetition Method- Continuing to strengthen weaknesses

Mental

- Relentless Mindset
- Reset Mindset ex) Excited and focused on the next opportunity, no matter what happened last play
- Turning Failure into a tool for success
- Earning Confidence

Character/Lifestyle

We will use baseball development to positively impact the lives of these young men. On the field we want players that no one wants to play against, and everyone wants to coach. We want our players to hit the ball harder, throw harder, run faster, make more plays, compete harder, and deal with success and failure better than anybody else. We know how to develop skill, we know how to get kids stronger and faster, but when we tie that in with the Tactical, Mental, and Character development is where we can truly set these kids apart. We will hold them accountable to be hard-working, coachable, humble, confident, focused, goal oriented, and respectful young men on and off the field.