

# TRAINING

STRENGTH & CONDITIONING



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## IN-SEASON POWER TRAINING FOR BASEBALL

Power development is of primary importance for athletes of virtually every sport. Power can be defined as the ability to generate force in a short amount of time in order to accelerate the body and/or an implement. Power, simply put, is speed-strength.

In-season power development can be a daunting task for the serious high school ballplayer and coach. The purpose of this article is to provide the ballplayer and/or coach with reliable and effective exercises to assist with power development during the competitive season.

In the sport of baseball, maximizing power output is essential for improving bat speed, arm velocity, and acceleration. Force production begins from the ground up, translates through the core, and expresses itself by powering through the body or implement. Research has demonstrated that most athletes who have trained in the off-season, will lose 36-50% of their power gains within 6-8 weeks from the start of the season if they neglect their program. In other words, when athletes need to be performing at optimal levels, they are actually returning to their weakest. Subsequently, most injuries occur at the end of the season.

Utilizing the concept of periodization, our athletes progress from “foundational movements, to absolute strength, and to dynamic power” phases of

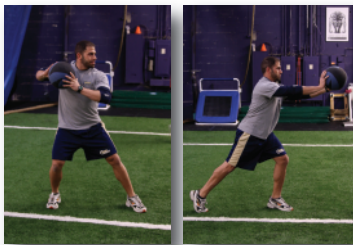
training. This scheduled format allows the athlete to peak for the upcoming season. By incorporating components of the dynamic power phase into in-season training, the ballplayer will continue to make gains, or at the very least maintain the gains attained thus far.

The following exercise was specifically chosen to compliment the dynamics of the baseball athlete. Each issue during this baseball season will feature a ground-based movement that requires explosive, rotational, and precise qualities.

1. Assume athletic position, feet placed perpendicular to wall, grasp med ball at shoulder height, rear elbow held high, fingers directed toward head.
2. Pre-load backside by shifting weight to rear leg with slight upper body rotation
3. Pivot through rear foot explosively, aggressively rotate & punch through core/shoulder perpendicular to target.

**Coaching Points:** Finish with body control & balance to maximize effectiveness.

### ROTATIONAL MED BALL PUNCH (5 SETS X 5 REPS BILATERALLY)



MAXIMIZING  
POWER  
OUTPUT IS  
ESSENTIAL  
FOR  
IMPROVING  
BAT SPEED