

# OVERVIEW

FOR MY CAPSTONE PROJECT, I DID A CASE STUDY ON TWO PITCHERS AND THEIR DEVELOPMENT THROUGH THE FALL SEMESTER.

# PLAYER DEVELOPMENT

## PITCHING CASE STUDY

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"THE PROCESS OF REFINING ACQUIRED TALENT INTO ELITE ON-FIELD PERFORMERS"

-SPORTS MANAGEMENT WORLDWIDE

# GOALS

- ASSESS THE ATHLETES
- IDENTIFY AREAS OF IMPROVEMENT
- DEVELOP THEIR MOVEMENTS AND SKILL SETS

# THE PROCESS

## 12 WEEK STRENGTH AND MOBILITY PROGRAM

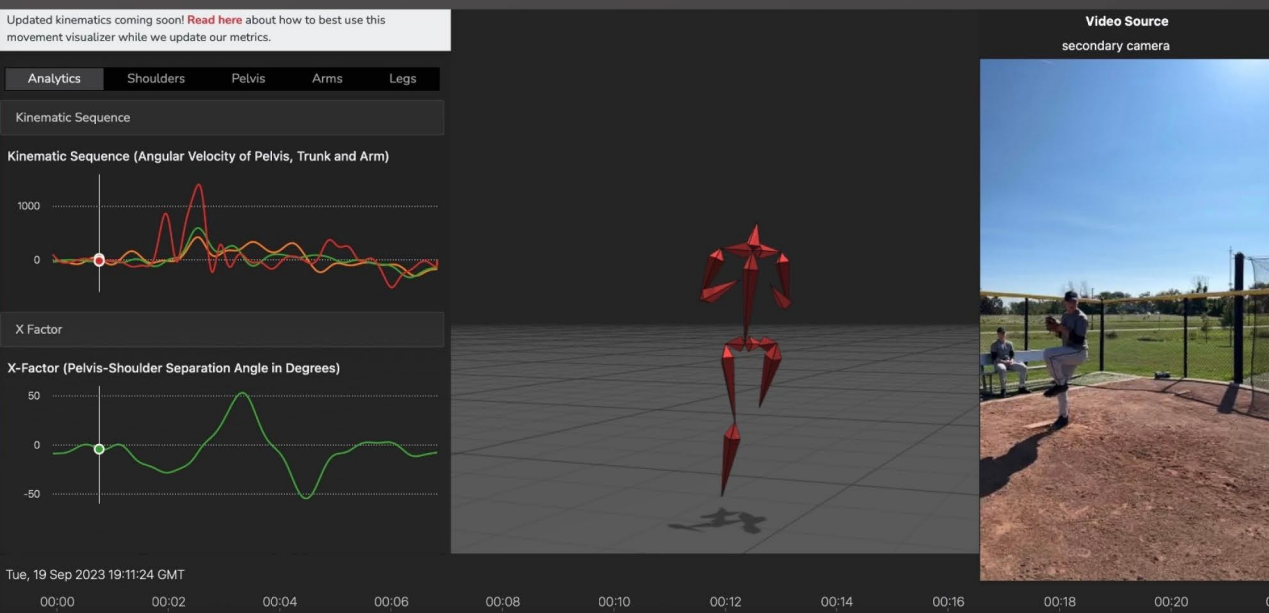
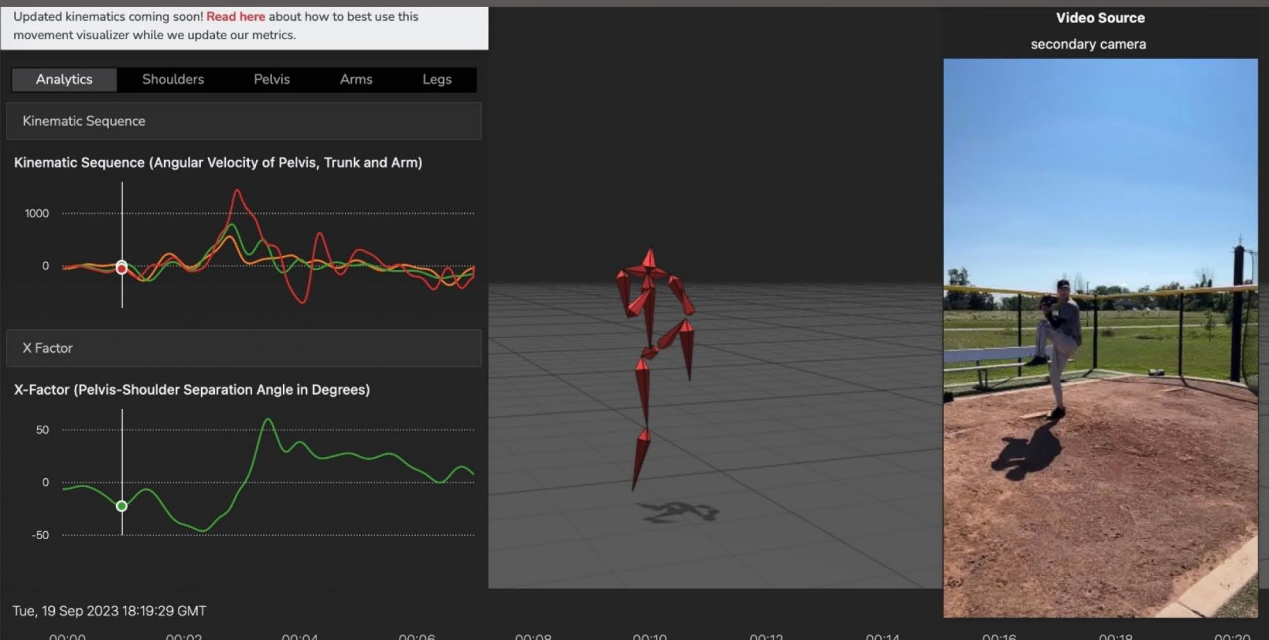
- ENDURANCE AND STRENGTH PROGRAM TO HELP TEACH THE ATHLETE HOW TO CONTROL THEIR BODY AND BUILD STABILITY

## 12 WEEK THROWING PROGRAM

- PROPER ON-RAMP
- 4 WEEK ARM STRENGTHENING
- 2 WEEK SHUT DOWN
- 2 WEEK ON-RAMP
- 4 WEEKS OF VELOCITY TRAINING

# BASELINE TESTING

- FUNCTIONAL MOVEMENT SCREENING
- DIAGNOSTIC TESTING
- BASELINE BULLPEN
- BIOMECHANICS ASSESSMENT
- GROUND FORCE TESTING



### ATHLETE A

	Right	Left
Hip 46	Fail	Fail
Hip Separation	Pass	Pass
External Rotation	Pass	Pass
Wrist Mob.	Pass	Pass
Supination	Pass	Pass
Pronation	Pass	Pass

### ATHLETE B

	Right	Left
Hip 46	Pass	Fail
Hip Separation	Fail	Fail
External Rotation	Pass	Pass
Wrist Mob.	Pass	Pass
Supination	Pass	Pass
Pronation	Pass	Pass

### ATHLETE A

- RIGHT FOOT: VALGUS
- LEFT FOOT: VALGUS

### ATHLETE B

- RIGHT FOOT: VALGUS
- LEFT FOOT: VALGUS

#### How to Correct

Valgus Foot Correction – The player will press through their fourth toe and heel. This will force the outside half of the foot down and allow for the three points of fixation of the foot to contact the ground (big toe, pinky toe, and heel).

- VALGUS ATHLETES WILL TEND TO NOT STACK AND BE ROTATIONAL
- MEASURED ON RAPID SPORTS PRESSURE MAT

Valgus Foot



### ATHLETE A

	Right	Left
Foot Profile	Valgus	Valgus
Grip Strength (lbs)	95	92
Internal Rotation (lbs)	25	21
External Rotation (lbs)	21	20

### ATHLETE B

	Right	Left
Foot Profile	Valgus	Valgus
Grip Strength (lbs)	161	146
Internal Rotation (lbs)	23	29
External Rotation (lbs)	32	24

# RESULTS

## ATHLETE A

- 4 MPH FASTBALL INCREASE
- ADDED 9 LBS OF MUSCLE

## ATHLETE B

- 2.6 MPH FASTBALL INCREASE
- ADDED 3 LBS OF MUSCLE