



The Goat Experience

Conclusion and Wrap Up

Why?

How the Goat Experience came to be



3 Life Themes that came up



- Gather Information
 - Lead yourself
 - Be proactive
- Be Proactive
 - Be intentional
 - Plan/Prioritize
 - Be Creative
- “Athletics is something we do, not who we are”

3 Physical Themes that came up (Hitting)

- Movement Prep
 - Posterior Chain
 - Hamstrings, Glutes, Back
 - Rotation, mobility, and stability
 - Dorsiflexion
- Balance
 - “Moving from balance to balance”
 - “Having Dynamic balance”
 - “Holding the ground”
- Plan for being in season
 - Tee Swings, Dry Swings, Flips, KEEP SWINGING
 - Sprint!



3 Physical Themes that came up (Pitching)

- Keep Throwing
 - Long Toss or simulated long toss into a net
 - Pitchers, find a way to simulate bullpen effort and start day effort
- Scapula moving around the rib cage
 - Y's, T's, I's, bilateral/unilateral
 - Create adaptations for stability
- Mobility
 - Separation
 - Hip Mobility
 - Thoracic Mobility
 - Hip Hinge



Topics to keep diving into

- Great Lakes Bat Company Bat Fitting
- Flow State
- Posture-Restoration Institute (PRI)
- Book “Mind Gym”
- uHit (Pitch Recognition Software)
- Meal Prepping, Planning, and Cooking



Places you get discounts



- www.GoatBSBL.com Code: **WIN**
- Austin Wasserman's High Level Throwing Book (See Slack)
- Great Lakes Bat Company (Tell them Johansen Baseball Sent you)
 - www.greatlakesbatco.com
- uHit (Tell them Johansen Baseball Sent you, link in Slack)
- <http://dudeswag.baseballdudes.com/> Code: **BREATHE**
- <https://chadlongworthonline.com/> Code: **STAYATHOME**
 - Applies to 40% off of Lifetime Access
- <https://www.backspintee.com/> Code: **BACKSPIN10**
- <https://thesystem.farm/product/farm-board-single-bundle/> Code: **Goat10**
- S2 Breakthrough Softball Plyos (Tell them Johansen Baseball Sent you)

Additional Resources/Products

- <https://www.johansenbaseball.com/the-goat-experience.html>
- <https://www.johansenbaseball.com/drill-library.html>
- <https://baseballhittingaid.com/>
- <https://www.elitebaseball.tv/>
- <https://plus.drivelinebaseball.com/what-is-drivelineplus/>
- <https://www.movementovermaxes.com/>
- <https://shopsilverback.com/>
- <http://s2breakthrough.com/blog/>
- <http://www.trainatprime.com/vlog-pics-blog/>
- <http://www.square1system.com/courses.html>



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