

## **Johansen Baseball Training Philosophy**

At Johansen Baseball we've done extensive research on motor learning not only generally but by age group. We've conducted our own research projects that answer questions about appropriate interventions and training tools in order to objectively move the needle regarding an athletes on field performance.

We have a combination of practical application experience with coaching experience from the High School level, Collegiate Level, and Professional level as well as over a decade of experience working with players in the off-season. One thing we pride ourselves on is our ability to change our programs with confidence as new information comes to light either based on our own research or others. This doesn't mean that we assume everything is fact, but rather follow up appropriately and choose a responsible time to implement new tactics we believe will be more effective for our athletes.

Our process is to capture a biomechanical and batted ball baseline through a hitting assessment that includes a physical screen, ground force data, 3D motion capture, bat sensor data, and HitTrax data. From there we collate all of the information and identify specific areas we can focus on from an athleticism and movement standpoint, as well as developing specific skills. While we may identify numerous areas of improvement, our job is to attack the lowest hanging fruit FIRST with a specific plan for that area. We also want to address other issues at the same time without overwhelming the athlete or the family.

Often times, swings are evaluated on "aesthetic appeal" but we know that much of that stems from what the body is physically capable of doing, rather than the coordination of being able to execute. A simple example of this would be expecting a player who can not squat properly (hip hinge) to be able to load their hips and maintain their posture in the swing. At JB, we would identify if it's a physical issue, a motor control issue, or motor learning issue. In other words, does the player have physical limitations preventing him from loading properly, can the player load properly but doesn't do it very often and struggles to repeat it, or should the player be able to hinge properly based on their physical ability but simply need to be taught how.

Each player will have a unique set of physical attributes, motor control capabilities, and a list of things they need to learn, no player will be the same. However, we believe in the player development domino effect. We know that if we address the lowest hanging fruit, many other areas of improvement may improve without a specific focus and we see that in our retests. After our retests, we reset the dominos, we want to identify the next lowest hanging fruit which may be further up the chain than our original step two or three from the first test. This helps us be extremely efficient and address the appropriate problems first.

Sometimes, the lowest hanging fruit is approach, emotion, confidence, fear, intent, or something else that is hard to measure. This is the difference between being simply a "Swing Coach" and actually helping move the needle regarding on field performance and that's where our experience coaching players across all levels comes into play. We don't use our measurements to make our coaching staff robots who speak in 1's and 0's, we use them as additional tools in our toolbox in order to improve the experience for the player and the family year in and year out.

We want to have a personalized feel not only in our one-on-one settings but also in our group environments. Our group environments are great because they promote social learning, leadership skills for the "veterans" in our program, and bring out the competitive nature in all of the players in the group.

We've set the standard in the region for years, and we'll continue to keep learning and modifying our training solutions to help move the needle as efficiently as possible.