



Baseball Victoria

Performance Pathway (PP)

‘Resetting for the Future’

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Table of contents

1	Executive Summary	3
2	Background	3
3	BV Player Performance Pathway	4
4	Focus on Future Talent	4
	BV Player Categorisation.....	5
5	The Athlete Centred Approach - Creating a Learning Environment	5
	Athlete Centred Approach	6
6	BV Performance Pathway – The Training Centre Will Deliver	6
7	Establishment of State Standard Teaching Curriculum	6
8	Developing Players “Tools”	7
9	BV Performance Pathway (PP) Coaches to oversee the program	7
10	Development of Individual Player Plans (IPPs)	7
11	Development of Individual Strength and Conditioning Programs	7
12	Regular Fitness and Skill Evaluation	7
13	Athlete Wellbeing and Engagement Program	8
14	Greater Use of Technology	8
15	Player Development Pillars	8

1 Executive Summary

The BV Academy program will be rebranded as the BV Performance Pathway (PP) to reflect its updated vision, mission and direction to optimise players performance at the national and international levels with the purpose of increasing and improving the pool of international standard players in Victoria. Some changes from the Academy program to the Performance Pathways Program will occur which are as follow:

- A three-tier pathway including U12/U14 (Futures), U16/U18 (Prospects) and Select (National Squad/College Commits)
- The inclusion of a women's pathway training program
- Education and training for athletes' well-being and resilience program
- Emphasis on increasing the talent pool of male and female players in Victoria
- Creating a learning environment where players can improve their decision-making processes while performing under pressure

The following set of modifications are to be considered:

- Introduction of apprentice coaches to the program
- Procuring international competition opportunities for domestic events
- Development of a coaches leadership program
- Additional technology support for player

Baseball Victoria will be providing additional investment funding to assist with the enhancement of the Performance Pathway.

2 Background

Over the past 15 years, the Baseball Victoria Academy has produced and delivered the following outcomes when it comes to the number of Victorian players representing Australia, signing a professional contract and playing in US College system.

- Over 100 players selected to Australian Junior National Teams
- Over 140 players selected to Australian Senior National Teams
- Over 250 players have played for the Aces
- Over 40 players have playing professionally or in the US college system.

Based on these figures the Baseball Victoria Academy has had the highest success rate of any state over the past 10 years.

The key objectives for the future of the BV Performance Pathway program are as follows:

- To grow the base of male and female players,
- To support player through the Performance Pathway journey
- To increase the number of qualified instructors for the program
- To provide international competition opportunities
- To increase the pool of international standard players
- To create a learning environment that players can develop to their fullest potential

3 BV Player Performance Pathway



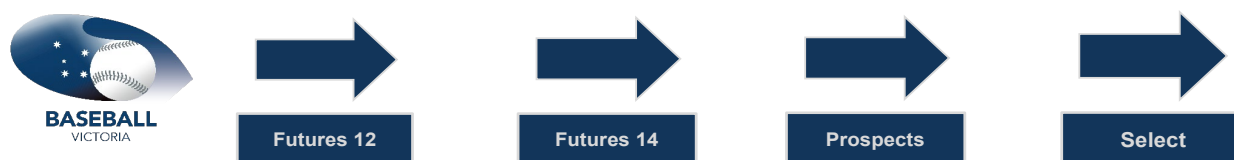
4 Focus on Future Talent

Baseball Victoria has developed a Player Progression model to identify those players who have the overall future potential to someday play for Australia, the ABL, US College or sign professional.

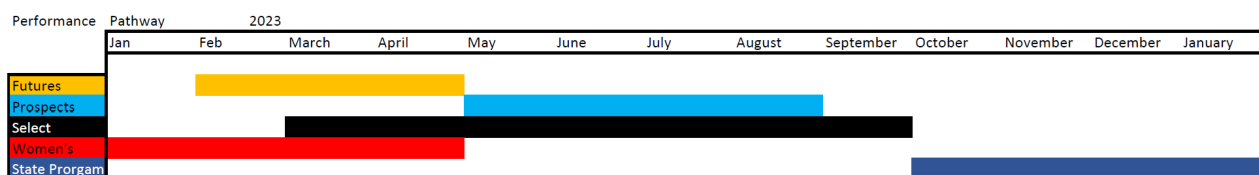
Identified players are selected within the model as either Futures 12, Futures 14, Prospects, Select

The diagram on the following page provides further detail.

BV Player Categorisation



Milestone performance	Top club and LL performers and/or top 25% testing results for run, throw, hit, field	Top performers at club and LL/JL competition and/or top 25% testing results for run, throw, hit, field	Top performers at AYC and/or top 25% testing results for run, throw, hit, field	Member of national team squad, college commit, professional signing
Ideal age	U12	U14	U16/18	U18 +
Indicators	Has interest and associates with HP pathway	Has interest and associates with HP pathway	Shows indications of potential to develop traits required at HP level	Has demonstrated potential to develop traits required at HP level
Time at each level	As per age matrix	As per age matrix	Athletes should be progressing to Select within 2-year period, but will be reviewed based on position specific development timeframes	Undefined – until progressing to college or professional baseball, ABL, or senior national team. Will be reviewed on individual development timeline



5 The Athlete Centred Approach - Creating a Learning Environment

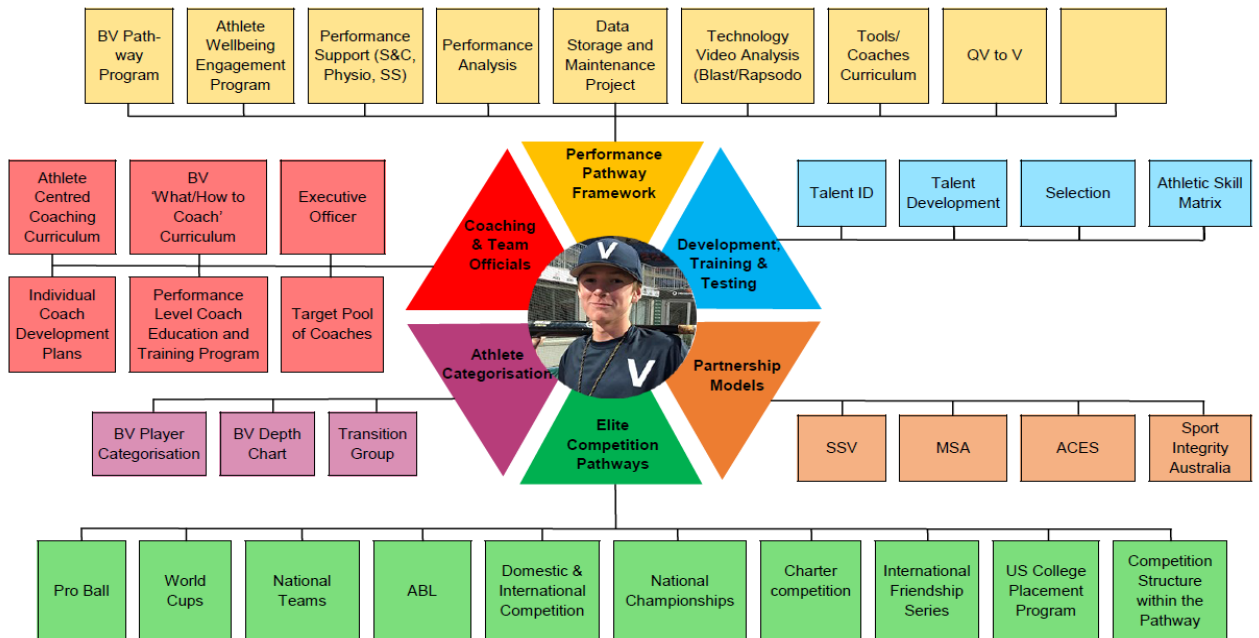
The BV Performance Pathway program will continue to optimise players LONG TERM DEVELOPMENT through introducing or enhancing a number of player performance elements that have been identified.

At the core of this, is a focus on what is known as the 'Athlete Centred Approach' (ACA), which is derived from the game sense pedagogy. The ACA places the athlete at the heart of everything we do, to best prepare them to succeed perform under pressure at the highest level..

The diagram on the following page shows a potential ACA model for the BV Performance Pathway program

Athlete Centred Approach

BV Performance Pathway ACA Model



6 BV Performance Pathway – The Training Centre Will Deliver

BV Performance Pathway Program encompasses the following:

1. Establishment of standard state teaching curriculum
2. Develop several Performance Pathway Coaches within the state to oversee the program
3. Development of Individual Player Plans (IPPs), monitored through the PP training centre
4. Development of individual strength and conditioning programs
5. Regular fitness and skills testing
6. Athlete Wellbeing Engagement program
7. Greater use of technology

7 Establishment of State Standard Teaching Curriculum

BV is working to redefine its state level coaching curriculum, with a shift in focus of 'how to coach' and 'what to coach'.

It is planned that the focus on 'how to coach' will shift, whereby coaches are not seen as instructors and directors, but rather as facilitators to help the athlete progress and learn.

It is planned that the 'what to coach' focus will shift from a predominantly skills-based program to focusing in on building player's tools and predominantly performance and decision-making based. This will include shifting the focus during each training session to have more decision-making components, to develop a player's ability to perform under pressure in game-like situations.

Part of the 'what to coach' curriculum will focus on mental performance under pressure.

8 Developing Players "Tools"

The Performance Pathway's overarching philosophy is to develop 'tools that play'. Specifically, this means the development of athletes' run, throw, hit (power), and field ceilings.

9 BV Performance Pathway (PP) Coaches to oversee the program

BV coaches will work within the training centre to oversee the program.

The PP Coaches will be responsible for the following items:

- Management of the BV PP program in Victoria.
- Provide an annual training and development program for athletes, in line with the national curriculum.
- Organise all aspects of the program including fitness testing, venues, equipment and specialist coaches, as required.
- Liaise with sport scientists involved with the program.
- Ensure all participants adhere to the PP Code of Conduct.
- Assess each player's performance and regularly monitor their progress.
- Maintain regular communication with the State Coaches.
- Ensure fitness test results are documented and forwarded to BA.
- Prepare a report on the PP program conducted including any recommendations for future programs.

10 Development of Individual Player Plans (IPPs)

IPPs will be developed for each athlete, which will focus primarily on developing baseball tools and scope to include the underlying areas including, strength and conditioning, performance psychology, recovery, wellbeing and nutrition.

11 Development of Individual Strength and Conditioning Programs

One key element of the IPPs for each athlete will be an individual strength and conditioning program.

BV to appoint a State Strength and Conditioning Coordinator, who will develop a fitness and conditioning program for all identified athletes who are part of the PPs for all levels.

12 Regular Fitness and Skill Evaluation

BV is working on a set of standardised national fitness and skills tests with set benchmarks in place.

The tests will be completed by all PP athletes and are intended to be completed within the PP at regular intervals.

The results will help BV's performance pathway team to better assess the future potential of each athlete and also to monitor their progress over time, to see if improvements are being made.

13 Athlete Wellbeing and Engagement Program

BV will put in place an Athlete & Wellbeing person, to oversee this area of the program.

14 Greater Use of Technology

The BV Academy has embraced the use of technology in the past few years, encompassing video and statistical analysis and the use of a range of hardware and software programs.

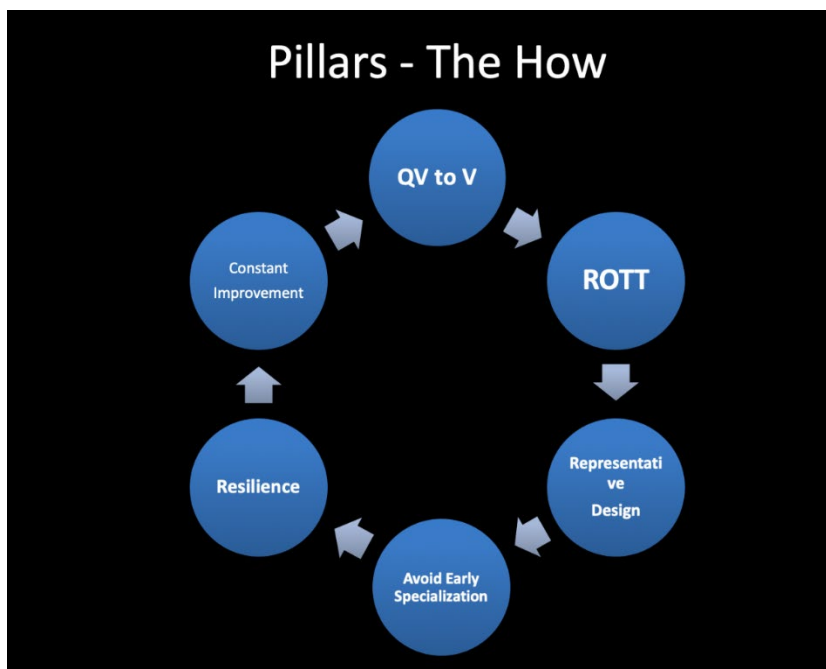
The analysis of this data has heavily contributed to the development of the 'Game' and 'Coach Knowledge and Education' providing baseball-specific standards that can be used as a very reliable indicator of success at national and international level.

The use of hardware and software programs, such as Blast and Rapsodo have provided the HP program with data on bat and ball metrics that provide objective feedback to players and coaches

The use of these types of technology by the BV program has led to significant improvement of players and the team as a whole.

This technology will be available to all identified athletes who are part of the PP

15 Player Development Pillars



Quality Volume is one of the major keys to player development and learning. QV is based on the idea that the point of practise is progress and change. Coaches should not mistake activity for accomplishment. QV is the combination of a cumulative volume of repetitions (V) done with Quality (Q). Another term for Quality is Deliberate Practise.

Deliberate Practise includes

1. Practice with a specific Intent / Goal
2. Learning – Challenge Players slightly beyond their present ability
3. Immediate Feedback

We don't have a great deal of time available with our athletes.

We need to be efficient in the way we develop our players

ROTT (Return on Training Time) refers to designing trainings that

1. Focus on the aspects that make the biggest impact for the individual and team
2. Maximize Time on Task

Focus on the things that are going to produce the most results given our Long Term Goal

20% of the skills drive 80% of the results.

In other words it's the ability to execute the basic elements of the game of **Throw/ Catch / Hit** that drive the success of the Individual and the Team

We aim to Practice the Basic Fundamentals of Throw, Catch and Hit with QV (Quality Volume)

Representative Design means our training look like the game (or aspects of) and we challenge athletes within their sweet spot of learning

This means challenging players slightly beyond their present ability **AND** moving the skill towards the game. We need to develop Tools That can Play. Training needs to be purposeful

So we teach the basic skill with Quality Volume and then add variability, fatigue, pressure, increasing speed, competition and other components of the game that make it more **"game like"**

In many of our games many situations don't come up often enough. By being inventive we can create more pressure. For example starting with runners on, playing the last two innings of a game over and over etc etc. This way we get more repetitions of the Major Moments in the game.

We need to avoid the trap of teaching our players to have a practise brain and game brain. This doesn't mean that everything in practise should be of game intensity/speed (especially when we are learning the basics) – however there should always be a specific intent, focus or goal and skills need to progress towards game conditions. We should aim to dominant every drill and ultimately get to a point where we "outtrain" the game. This means working at levels / loads etc that are above in competition

Another approach around the concept of progressive overload for skill development is to begin teaching "close and slow" and extend through stages to "far and fast"

Avoiding Early Specialization refers to not pigeon holing players too early

They already specialize by playing the sport so don't "specialize" more

We should strive to develop Multi – Positional Athletic Players

The benefits of this approach include

Avoiding Injury

Variability improves athleticism

Gives players LONG TERM OPTIONS

Build stronger/versatile teams

We aim to build long term **Resilience** in 3 ways

1. Physical Resilience
2. Mental Resilience
3. Avoiding Early Specialization

Constant Improvement relates both to individual and team development. That is the point of practise is progress. If something is important to us then we should consider measuring it. Measure what matters.

We aim to develop Tools and skills that can Play and COMPETE under the pressure of competition. Another way of thinking about this is that we are aiming to develop efficient movement