



SKILLS THAT SCALE:

Agreement on the Intention of Youth Baseball

Deven Morgan
Director of Youth Baseball
Driveline Baseball

Participation & Retention Issues



Joe Pompliano ✓

@JoePompliano

Youth participation across baseball (-20%) and tackle football (-13%) is down a lot over the several years, while sports like tennis (+51%), Golf (+32%), and soccer (+4%) have seen substantial growth.

Participation & Retention Issues



Core Participation in Select Sports, Ages 13-17

Percentage of children who participated on a regular basis in 2022

| Sport | 2019 | 2020 | 2021 | 2022 | 2019-22 Change | # of Kids in 2022 |
|----------|-------|------|------|------|----------------|-------------------|
| Baseball | 10.4% | 8.7% | 9.5% | 8.7% | -16.1% | 1,851,145 |

Less players participating than Basketball (-1%), Football (-8%) or Soccer (+0.2%)

Participation & Retention Issues



No sport lost more kids by middle school than baseball, with almost 2 million fewer participants for ages 13-17 than ages 6-12.

- **Less players retained** than Basketball, Football or Soccer

Never Too Much © Luther | 174 Games



CLASSIFICATION

Major

PG RECORD

65-21-3 Overall

3-1-0 vs.11u AA

10-5-0 vs.10u AAA

7-0-0 vs.10u AA

30-15-3 vs.9u Major

12-0-0 vs.9u AAA

3-0-0 vs.9u AA

34-6-3 Pool Play

31-15-0 Bracket Play

36-9-2 Home

29-12-1 Away

6-3-1 Last 10

CLASSIFICATION

Major

PG RECORD

68-14-3 Overall

12-5-1 vs.12u Major

17-2-0 vs.12u AAA

1-0-0 vs.12u AA

30-7-2 vs.11u Major

7-0-0 vs.11u AAA

1-0-0 vs.11u AA

40-4-3 Pool Play

28-10-0 Bracket Play

46-8-1 Home

22-6-2 Away

6-2-2 Last 10

Never Too Much © Luther | 174 Games



[REDACTED] 12u Elite would love to add 1-2 more additional players. We are currently AAA/MAJ rated and will only be playing these events this spring; as well as numerous local scrimmages and Cal Ripken Advanced Baseball Rec Games. We are likely to play in excess of 80 games so looking for players who want to play and can commit to our entire schedule.

Never Too Much © Luther | 174 Games



The boy who threw 161 pitches
to win a baseball championship

Now some of you may say this
is insane, a 10 yr old can't do
that, it can injure his arm. Well,
what I can see was a few things.
One, this "Joey Bats", was not
no ordinary kid.

Inadequate Training, Incorrect Perspective



✕ Sun, Sep 17

6u **16** FINAL **18** s 6u

[Replay GameStream](#)

Recap **Plays** Box Score Info

BOTTOM 3RD • [REDACTED] 6U

Intentional Walk
[REDACTED] is intentionally walked. [REDACTED]
remains at 3rd. [REDACTED] remains at 2nd.

(A red arrow points from the 'Plays' tab to the intentional walk event.)

- Coaches (Parents) Orient For Outcomes
- Fun & Learning Become Secondary

Inadequate Training, Incorrect Perspective



Chad Guyer

@ChadGuyer1



This is how champions are made

12:58 AM · 10/7/23 from Earth · **10** Views

1 Like

Inadequate Training, Incorrect Perspective



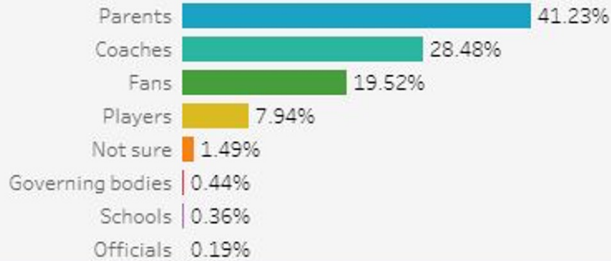
I'm personally trying to get my boy's to see real reps and getting them ready for the real deal! It's a coach job to make sure players know real situational plays and knowing what to do in live games especially at the age of 8U. I want to best for my boy's!

What Does It Cost?

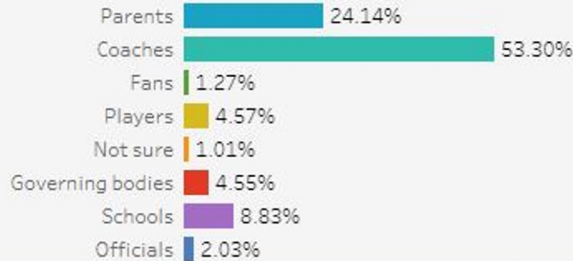


Who contributes to sportsmanship and how?

Who causes the most problems with sportsmanship?



Who is most responsible for improving sportsmanship?



Although about 40% of officials believe that parents cause the most problems with sportsmanship, over half of respondents believe that coaches are responsible for improving sportsmanship.

We want YOU to umpire! Gear up with winter training to prep for the 2024 tournament season. Experience is preferred but NOT required. Join the fun!

Contact Dustin Minga for more info:
Dustin.Minga@GSLTournaments.com
 253-682-9517

STARTING AT

\$55
PER GAME



GET STARTED TODAY, CONTACT DUSTIN

Dustin.Minga@GSLTournaments.com
 253-682-9517

We Live In Gotham City

- Losing players
- Inadequate training
- Inappropriate configuration
- Incorrect intention



A Feature, Not A Bug

“Every system is perfectly designed to get the results it gets”

- **W. Edwards Deming**, Business Theorist / Composer / Economist

- No agreement on intention
- No system to teach coaches at scale



An Agreement



- Lowest level of competition = Lowest level of consequence
 - Facilitators of an Experience

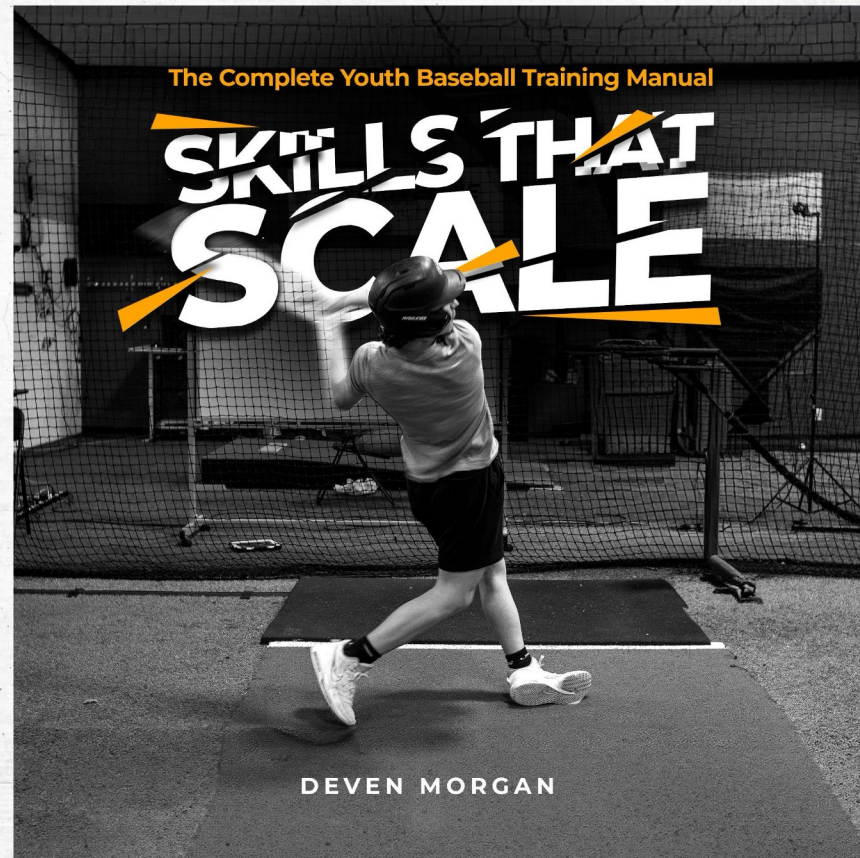
- 60' Bases shouldn't be the destination, but a stop on the journey
 - 285% to 335% increase in play space at 90'

- Our game is uniquely positioned to teach amazing character attributes

- **To get that benefit we need to keep kids playing**

Skills That Scale

- The skills you use more frequently are more important than the skills you use less frequently
- Putting a majority of our focus into the development of these skills will compound their value over time



03

CHAPTER

Skills That Scale

“

Lord, we know what we are, but know not what we may be.

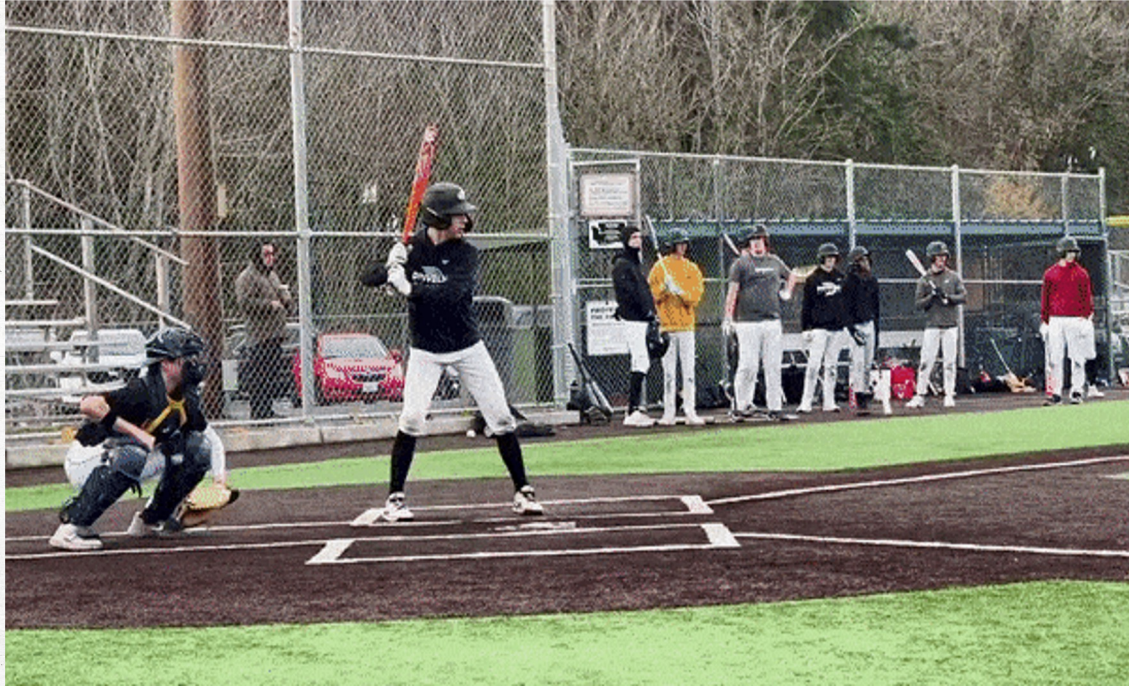


William Shakespeare
Hamlet

”

Skills That Scale of Hitting

- Bat Speed
- Exit Velocity



Skills That Scale of Hitting

Don't Hurt The Puppies

- Bat Speed
- Contact Quality
- Swing Decisions
- Engaging Format

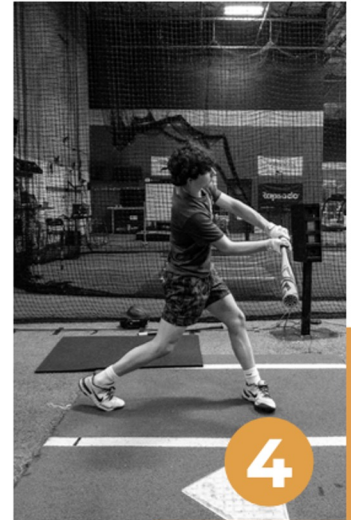
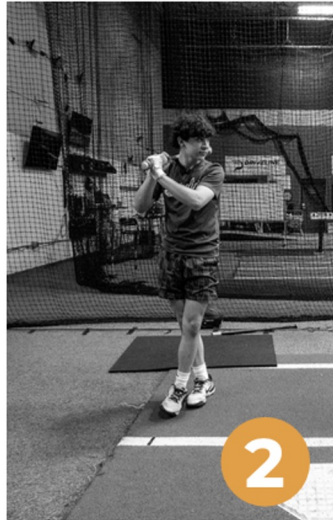
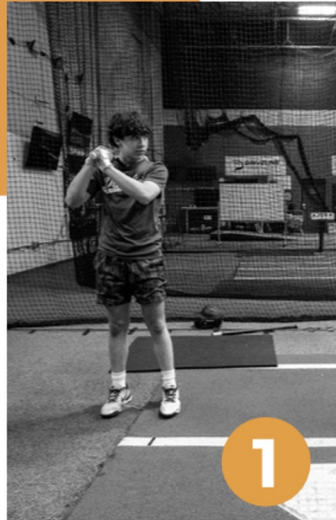


Skills That Scale of Hitting

Drill = Step Behinds / Happy Gilmore



- Sequence
- Posture
- Bracing
- Bat Speed
- CQ



07

CHAPTER

Throwing & Pitching

“

Consider that maybe your repeated practice has turned you into the person you are, and more of that will cement the present version of you.



Kyle Boddy

Founder & Director of Driveline Baseball

”

Skills That Scale of Throwing



| Maximum | Average |
|---------|---------|
| 81.4 | 80.44 |
| 80.2 | 77.36 |
| 77.4 | 75.25 |
| 76.9 | 75.53 |

| PITCHERS | IP | H | R | ER | SO | BB |
|-------------|------------|----------|----------|----------|----------|----------|
| J Vu (W) | 5.0 | 0 | 0 | 0 | 9 | 1 |
| TEAM | 5.0 | 0 | 0 | 0 | 9 | 1 |
| #P: J Vu 60 | | | | | | |
| TS: J Vu 41 | | | | | | |

- Velocity
- Command

Skills That Scale of Throwing



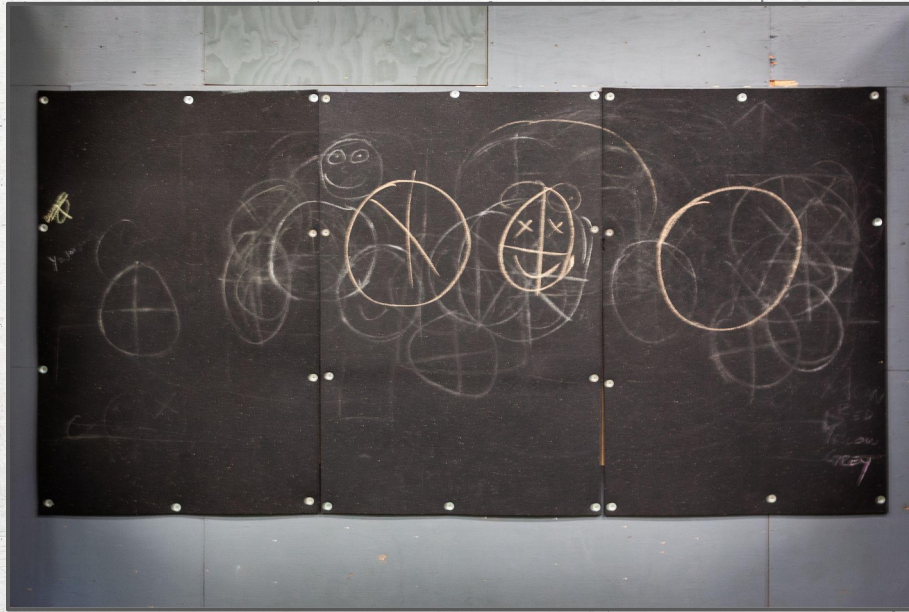
Robin Hood

- Velocity
- Sequence
- Command
- Perception
- Engaging Format



Skills That Scale of Throwing

Drill = The Janitor



Skills That Scale: Complete Youth Training Manual

Chapter 1 - Intro / Invocation

- Fear, Failure & Fulfillment
- How to Get the Most out of this Book

Chapter 2 - Principles of the Approach

- Kids Aren't Small Adults - Cognitive Differences
- Kids Aren't Small Adults - Biological Differences
- Reasonable Expectations for Coordination with Youth Athletes
- Systems of Movement
- The Problem with Putting Mechanics before Output with Youth Athletes
- The Small Field Now and the Big Field that Comes Next
- Getting Ready for the Big Field
- Common Issues of Parents Coaching their Children
- The Problem with Chasing One Carrot

Chapter 3 - Skills That Scale

- Maximizing Developmental Opportunity in Youth Baseball
- Data Used for Engagement & Gamification
- Skills That Scale - Explanation of the Concept
- Skills That Scale - Definition
- Skills That Scale of Youth Hitting Explained
- Skills That Scale of Youth Throwing Explained
- Skills That Scale - Summary

Chapter 4 - Youth Training Considerations

- Maximizing Player Development in Youth Baseball
- Getting Up to Speed
- A Golden Opportunity
- The Process of Getting Better - G.A.S. and Supercompensation
- Effective Environments & Transfer of Training
- The Constraint-Led Approach & Self-Organization
- Internal vs External Cues
- Differential Learning & Rates of Skill Acquisition
- Scaling Difficulty of Training

Skills That Scale: Complete Youth Training Manual

Chapter 5 - Data-Driven Training

- Being Data-Driven
- Assessment Concept
- Assessment Technology
- Doing it Right and Doing it Wrong

Chapter 6 - Dynamic Warm Up

- The Immediate Impact of a Good Warm Up
- Ingredients of a Good Dynamic Warm Up

Chapter 7 - Pitching & Throwing

- Youth Throwing Skills That Scale
- Mechanisms of Youth Throwing Injuries
 - MLB Pitch Smart & Pitch Counts
 - Breaking Balls, Velocity, Stress & Risk of Injury
 - Safety of Overload & Underload Balls
- Understanding Throwing Workloads
- Measuring Workloads with Driveline PULSE
- On-Boarding & Progressive Adaptation with Throwing Workloads
- Time Off from Throwing
- Health Matters the Most

- Good Throwing Warm Up Habits
- Throwing Velocity - In Detail
- Hitting a Target (Command) - In Detail
- Issues with Throwing Drills & Cueing
 - Effective Throwing Drill Environments
 - Limiting Verbal Mechanical Instruction
 - Simple Goals for Youth Throwers & Pitchers
 - Scaling Environments in Pitching Development
- Executing the Throwing Program
 - J-Band Series
 - Wrist Weight Series
 - Throwing Drill Series
- Intensity Structure & Definitions
- High Output Throws/Pulldowns
- Other Throwing Modalities
 - Long Toss
 - Catch Play
- Fastballs - Priorities & Grips
- Offspeed Pitches - Spin vs Gravity
- Throwing Development & Skill Acquisition is Messy

Skills That Scale: Complete Youth Training Manual

Chapter 8 - Hitting

- Philosophy on Youth Hitting
- Approach & Swing Decisions
- Hitting Mechanics Defined by Output & Intention
- Phases of the Swing
 - Swing Phase - Load
 - Swing Phase - Stride
 - Swing Phase - Swing & Impact
- Swing Principles
 - Swing Principles - Neutral Grip
 - Swing Principles - Balanced and Athletic Stance
 - Swing Principles - Palm Up / Palm Down
 - Swing Principles - On-Plane
 - Swing Principles - On-Time
 - Swing Principles - Hit the Ball Hard in the Air
- Bat Speed Training
- Variable Implements
- The Power of Manipulating Intention in Hitting Training
- Sophisticated Simplicity

- Hitting Drills
 - Hitting Drills - Offset Rotation
 - Hitting Drills - Offset Open
 - Hitting Drills - Offset Closed
 - Hitting Drills - Step Backs
 - Hitting Drills - Hook 'Em
 - Hitting Drills - Walk Throughs / Shuffle Swings
- Common Problems & Solutions
 - Stepping in The Bucket
- Hitting Environments
 - Tee
 - Side Soft Toss
 - Flips
 - Machine
 - Live Arm

Chapter 9 - Strength / LTAD

- Youth High Performance Philosophy
- Progression of Exercise

Skills That Scale: Complete Youth Training Manual

Chapter 10 - Catching

- Developing Better Youth Catchers
- Catching & Receiving
- Blocking
- Throwing
- Catching Stances

Chapter 11 - Team Practices

- Practice Design 101 - Core Concepts
- Practice Design 201 - Efficiency, Engagement, and Time
- Practice Design 301 - Putting it All Together
- Practice Design 401 - Example 6-Week Schedule

Chapter 12 - Competition & Schedule

- Schedule - Individual
- Schedule - Recreational Baseball
- Phase 1: On-Boarding & Baselines
- Establishing Baselines
- Phase 2: Exploratory
- Phase 3: Performance
- Schedule - Travel/Select Teams

- Turning Volunteers into Assets
- In-Game Coaching

Chapter 13 - Team Culture

- Pulling the Chain in the Same Direction
- Trust & Open Communication
- Effort Over Outcome
- Quality At Bats

Chapter 14 - Conclusion

- Why I Coach
- The Balance of Art and Precision

Chapter 15 - Programs

- Equipment
- Dynamic Warm Up Menu
- Yearly Training Plan - Macro Schedule
- Micro Schedule
 - Hitting & Throwing Programs
- LTAD Programs
- Example 6 Week Practice Schedule
- STS Practice Games

Skills That Scale: Complete Youth Training Manual

Chapter 10 - Catching

- Developing Better Youth Catchers
- Catching & Receiving
- Blocking
- Throwing
- Catching Stances

Chapter 11 - Team Practices

- Practice Design 101 - Core Concepts
- Practice Design 201 - Efficiency, Engagement, and Time
- Practice Design 301 - Putting it All Together
- Practice Design 401 - Example 6-Week Schedule

Chapter 12 - Competition & Schedule

- Schedule - Individual
- Schedule - Recreational Baseball
- Phase 1: On-Boarding & Baselines
- Establishing Baselines
- Phase 2: Exploratory
- Phase 3: Performance
- Schedule - Travel/Select Teams

- Turning Volunteers into Assets
- In-Game Coaching

Chapter 13 - Team Culture

- Pulling the Chain in the Same Direction
- Trust & Open Communication
- Effort Over Outcome
- Quality At Bats

Chapter 14 - Conclusion

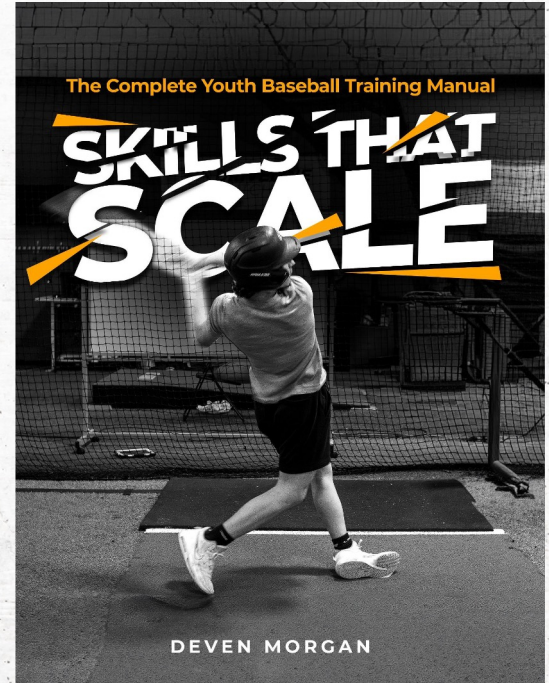
- Why I Coach
- The Balance of Art and Precision

Skills That Scale: Complete Youth Training Manual

- Macro & Micro Training Schedules
- 6-Week Example Practice Schedules
- Throwing, Hitting & LTAD Programs
- Hitting, throwing & defense games
- Hitting & Throwing Drill Videos

PRE ORDER LIVE NOW

SHIPPING LATE JANUARY



Skills That Scale: Complete Youth Training Manual



- @drivelineyouth
- @devenmorgan
- drivelinebaseball.com

