Lehigh Valley Shockers 14U Softball Team Case Study

Date: _____

1. **Personal Evaluation**

Name:	Lehigh Valley Shockers 14U Softball Team
Age:	Average Age = 13
Team / School:	Lehigh Valley Shockers
Sports Played:	Softball

2. **Movement Assessment Data – Team Average**

Pre Assessment		Post Assessment	
Date:	11/18/2015	**Date:**	4/4/2016
Broad Jump	60"	**Broad Jump**	67.6"
Pro Agility	5.52 sec	**Pro Agility**	5.14 sec
30-yd Sprint Test	4.9 sec	**30-yd Sprint Test**	4.4 sec
1-Minute Push Up Test	0 reps	**1-Minute Push Up Test**	19.5 reps
300-yd Shuttle	76.7 sec	**300-yd Shuttle**	72.1 sec

3. **Movement Assessment Standard**

Established Performance Standards	
Broad Jump	66"
Pro Agility	5.3 sec
30-yd Sprint Test	4.4 sec
1-Minute Push Up Test	20 reps
300-yd Shuttle	68 sec

4. Strength Assessment Data

Pre Assessment		Post Assessment	
Date:	11/23/2015	**Date:**	3/31/2016
3-RM Hang Clean	45 lbs	**3-RM Hang Clean**	81.875 lbs
3-RM Dead Lift	95 lbs	**3-RM Dead Lift**	160.7 lbs
3-RM Front Squat	55 lbs	**3-RM Front Squat**	103.75 lbs

5. Reflection:

- We had participation from 10 of the athletes that played on the Lehigh Valley Shockers
- At the beginning of this program we knew that we needed the team to get faster, stronger and more explosive.
- Throughout the program we were able to meet the expectations we had as a team. Our goal was to close the gap from where they initially tested to getting close to if not meet the performance standards for their age group
- At the end of the program we were able to improve the athletic skills of the team to meet their recommended performance standards for their age group. Considering they have never participated in a strength program before, their improvement is remarkable.
- The team averaged nearly an 80-100% increase in their strength measurements over the course of 4 and half months.
- Over that same span the team was able to add significant speed and power improvements reflective of their pre and post movement assessment data comparison.

6. **Summary:**

   1. Describe the program phase and objectives

      A. Phase 1 (Month 1) of the program focused primarily on developing proper running mechanics, injury prevention and developing a foundation of strength through our 5 fundamental movements (hinge, squat, push, pull and loaded carry)

      B. Phase 2 (Month 2-3) allowed us to progress their movement ability to address acceleration and lateral and multi-directional speed development. We also began instructing the team through Olympic lifting progressions to improve power. We also introduced more upper body and lower body plyos aimed at developing horizontal power and rotational power.

      C. Phase 3 was geared towards maximizing absolute strength and transitioning to explosive power. We addressed this by increasing their sprint repetitions, maximizing their speed strength and addressing total body strength through compound lifts and combination loaded carries.

   2. How has this benefited the team?

A. The team has an improved ability to accelerate out of the batters box, improved speed around the bases, an improved ability to redirect on the field to make their play, an improved ability to throw with more power and to hit with more power.

3. Were any challenges encountered?

A. Minimal challenges were encountered. We kept to a regular schedule. Occasional a few of the girls would have conflicts with their Winter sports. We had strong commitment throughout the 4 and a half months.

4. Where are we headed and why?

A. The team is headed into the thick of their season. They will be taking time off with their strength and conditioning to focus on their inseason school game schedule as well as their weekend tournament schedule. The season goes into the summer where our goal is to take a few weeks off after the season is over and then get back into an offseason program in the Fall so we can begin another program that will enable us to exceed their performance standards.