



Baseball Factory Select Training *Build Your Way to Greatness*





Baseball Factory

- Founded in 1994
- Started as a service to educate families on the recruiting process.
- Incorporated “Player Development” as a means to professionally train players for baseball at the next level.
- Formed partnership with Little League in 2009





“Build Your Way to Greatness”

What is your idea of a “complete player?”





“Build Your Way to Greatness”

What does Baseball Factory look for in a complete player?

- Academics
- Baseball Skills
- Character → “Intangibles”





Academics

- Why do academics matter in athletics?
 - You can't play if you can't get it done in the classroom!
 - In college, Admissions has the final say, not a baseball coach!
 - You can't expect baseball to pay for college.





Academics

- An early start to good habits is crucial! Set your GPA standards during your freshman year!
- Academics are the hardest thing to change about prospective college baseball players.





Study Skills

- Successful students:
 - Try **NOT** to do too much studying at one time.
 - Try to study at the same time each day.
 - Set specific goals for studying.
 - Start studying when planned.





Study Skills → Baseball

How do good study skills relate to baseball training?





Baseball

- Find time to work on baseball.
 - Do it correctly and with *proper instruction*.
 - Have a plan everyday and do it *with a purpose*.
 - Don't just work on your strengths!





Baseball

- Focus starts with the fundamentals.
 - Crawl before you walk.
 - Simple to complex.





Baseball

- Performance training is crucial for younger players – agility, strength conditioning and **FLEXIBILITY**.
- Resistance training, not heavy lifting.
- Playing other sports is a great way to stay in athletics all year round.





Character

- The “6th Tool”
- As you get older, accountability becomes a major part of your life:
 - Your choices
 - Friends’ choices





The Six Pillars of Character

- *Trustworthiness*
- *Respect*
- *Responsibility*
- *Fairness*
- *Caring*
- *Citizenship*





Intangibles

- First Impressions
 - Cell phone ring tones, voicemail
 - E-mail addresses
 - Facebook
- The older you get, the more separation this creates!





Intangibles

How do you “carry” yourself as you get older?





Setting Goals

What are your strengths, and what are your weaknesses?





Closing Thoughts

- 5 minutes early is 10 minutes late.
- Get outside your comfort zone – don't be afraid to fail!
- Try different avenues of information – it's out there!

