



THE COMPLETE ATHLETE

A HOLISTIC APPROACH TO PLAYER DEVELOPMENT

ARM CARE

Why is it important?

1. Injury Prevention

Overuse Injuries - injuries in youth only previously seen in pros. Increase training to speed up development. Development is a slow process, over time

Tommy John Surgery - 2017 study - 60% of surgeries performed on 15-19 year olds

2. Long Term Athlete Development - Focusing on Development not W's

What can we do to help prevent injuries and honour LTAD?

1. Follow a Wholistic ARM CARE Program. A whole person approach to training, which includes ARM CARE. This will help with the overall health, strength and durability of the entire person, including the arm.
2. Focus on the process and journey of the athlete. Create an outcome/philosophy/intention/purpose for the season to honour helping prevent injuries and LTAD. This allows you to ask, at anytime during practice, training or game, "is what we're doing right now, honouring our outcome?" Development over W's

WHOLISTIC ARM CARE PROGRAM

Foam Roll

Mobility Work - joint by joint approach

Dynamic Warm-up - preparing the body for movement

Arm Circles - prepares the shoulders for the band workout

Band Workout - focussing on more specific throwing muscles

Static Stretch - wrists and forearms

*****Now we are ready to start throwing

Throwing Program

Band Work - after any mound work

*****End of practice should include time for a cool down and decompress

Notes:

What we exclude from our training can show the athletes that it is not important. Be aware of what you're omitting from practice.

Have an offseason

Throw more, Pitch Less

Our #1 focus is the development of the athlete as a person, building a stronger person and modelling behaviour that is helping set them up for long term success on and off the field.

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