

The Secret Papers



Friends,

The following papers provide the secrets to efficient and effective baseball play. If you read them, If you practice them, and if you share them with others then your game will become a natural process that is fun to do!

Years of experience, research, and game tested application support these papers. Not everyone will take the time to read. But if you do..... You will be happy that you took the time!

They are broken down into these top 6 categories:

- 1) Power
- 2) Speed
- 3) Catch and throw
- 4) Top $\frac{1}{4}$
- 5) Attack
- 6) Bring the Joy

When you capture all this information and you apply it to your game or to your player's game then you will be ready to learn the elite details of the game.

Enjoy the Process!!

Coach Fulton



Power



To develop power one must become an efficient and effective warrior machine. Never tear the body down but recruit the muscles within the body and stimulate them to work in unison.

50 rubber bands are stronger than 10. A body in repair is a body that cannot perform. Therefore, we recommend the following for all power training:

Do two sets of five repetitions, then allow the ATP to replenish.

Rest, remove oneself from the training area, and return 18-36+ hours later to work out again. If one can do an activity of ten repetitions with ease, then that one should increase weight by 10/15 pounds, and strive to do this new weight level with 10 reps of ease. When this process repeats as the weight increases, the body is engaging more muscles to work in harmony....naturally!! With more muscles working in harmony, the more fat energy the body utilizes. Therefore, the warrior becomes a lean fighting machine.

Go from 25% of muscle activity to 25+, 30+, 35+.... and watch the balls fly off the bat, the pitches move at greater speed, and the legs move the body quicker over a length of grass!!



Speed



To develop speed, one must cover more ground faster than one ran before. To cover ground in less time is a function of stride length. Speed therefore, is a function of stride length. The only way to increase stride length is to run and count the steps.

If it takes 30 steps to cover a distance of 40-yards, then the goal is to run the distance in less than 30 steps. When one covers 40 yards in 29, then the new mark is to cover the ground in 28, then in 27, then in 26, and so forth.

Running for a purpose is the most natural process of developing speed. The entire body is engaged in the process. The game is played with the entire body, so work the entire body naturally.

Secondly, “quick Happy feet” is a term that is so misunderstood... until now. If a player can dance, do jumping jacks, jump a rope, steal a base, cover ground when chasing a ball, then that player has quick happy feet. The ability to rapidly move one’s feet from one spot on the ground to another spot on the ground to allow the body to move in a desired direction is “Quick Happy Feet”.

To increase speed and quick happy feet one must run, run, dance, dance, and jump those jacks!



Throw/Catch



The universal sequence to throwing a ball is Ankle, Power, Pull.

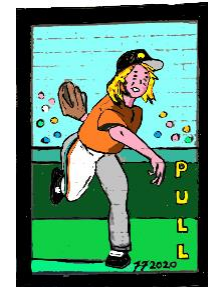
Ankle



Power



Pull



For all positions, the APP(Ankle/Power/Pull) is the most efficient, effective, and natural process for moving a ball from one to another. Infielder, outfielder, catcher, pitcher, “loosening-up”, slow rollers, the wind-up, the stretch. The only time the APP is not used is when “throwing a dart” from one to another when both are close in proximity.

To improve the Mechanics of Pitching one must repeatedly utilize the Signals, Set, Check, Crunch, Pronate.

This sequential drill improves the balance, arm efficiency, approach, and control of a pitcher naturally. It is a function of power development, and it must be video-taped from all angles to review the process of development.

To catch a ball that is thrown to one above their waist, one must make a diamond with the hands, let the ball enter the hands, close the hands around the ball, and retract the ball with the hands surrounding the ball to the nose. This helps the eyes track the ball to the body and insures a proper catch. If the ball is thrown below the waist to one, then that one must turn the thumbs out and surround the ball with the palms of the hand as they retract the ball to the upper center of the body.



To become a great ground ball fielder, one must learn how to catch the grounder with one glove hand. This process naturally places the glove hand out in front of the body at the optimum angle, set the glove foot out in front, and starts the natural kinetic chain of the Ankle/Power/Pull throwing sequence. If a player can catch with one hand, then he will always be able to catch with two. However, the ability to transfer a caught ball to a throw ball also requires the ability to move the feet in sequential harmony. Transfer of the ball must coincide with the APP. Finally, when the fielded ball is thrown to the targeted receiver the thrower must follow the throw by stepping towards the target.

Remember it all starts with ANKLE, POWER, PULL!!!!



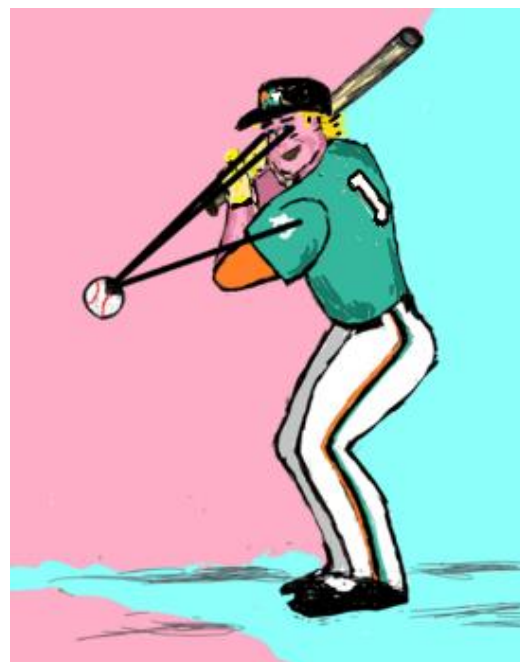
Top 1/4



Keep Front Shoulder pointing to the ball, Keep the eyes focused on the top inside quarter of the ball, and hit the ball out in front of the body as it enters the zone above/near/around the plate. When a warrior has this mental approach, the warrior can hit anything, anytime, anywhere. The warrior is focused on the perfect process at the plate. Being in the moment of the bat and ball as one.



The mental term is “fine focus”. Not shotgun, not rabbit eared, not statistic driven, or money driven. Just fine focused to win the battle of the ball being hit or missed. To eliminate all other mental distractions is truly a work of art and a sign of mature mastery.



The technical term is “triangulation.” Three points converging to have a true compass bearing on the direction of the mission:
**“Pound the Ball,
wherever it is pitched!!”**



Attack



At the plate, on the mound, in the infield, and out in the outfield, the player is most productive when the player visualizes attacking the ball that is hit their way, thrown their way, or served up to be hit/missed. This mental approach releases the quick twitch reaction of the body, it allows the brain to react to the adversary with natural clarity, and it makes unconscious natural decisions to win.

Anything else that is allowed into play adversely affects the performance and the joy of participation. It is a ploy of those who watch to affect the actions of those who do participate. Mental manipulation is the only tool of others to contribute to an evening of athletic activity. When an individual is on the attack there is no other voice in the head to lead the charge.

The only commander of action is the self, working in harmony with the self to be the best self can be to accomplish the mission. Win or fail it will be on the outcome of the self-driven not on the outcome of other's words, actions, and adverse interference.





Bring the JOY



Let No One Deny You Victory!! Let NO ONE Deny YOU Victory!!

LET NO ONE DENY YOU VICTORY!!!

Play the game, work the game, enjoy the game, and do it with all the JOY you have to bring. This is your vision, your action, your everything and let no one keep you from being your best in your own Unique Way.

A warrior of great professionalism once said, “ I go out everyday and play like a twelve year old.” Another winner of great championships, never thought about the outcome, only how much fun it was to be in the moment of the best against the best. Or how about the homerun hit to win the game on a pitch that never was supposed to be hit and yet it went bye-bye!!!!

No one can make this happen for another, nor can anyone think it for another. The individual who is at the epicenter of the moment must enjoy what they are to do or not do. It is the only way to endure and carry on enduring another day.

Nobody ever says, “Go Work Baseball!” They only say, “Play Ball!”

How much more fun can anyone have?
Do not disrespect yourself, others,
or the process by doing anything less
than your best in your own unique Joyful Way.

