



The TOTAL Package



IF you love what you do, then give it everything you have. Your love will become natural confidence and a positive activity for yourself and others. Knowledge of mechanics is critical. This can come from lessons, educational classes, team activities, practice, video tutorials, sharing thoughts with others. Our Total Package provides this ALL! Therefore, we present the Life Warriors/VMarlins' Total Package of baseball development.

-First, we learn about each player. Their goals, their background, their other activities. We share the Warriors Code and we identify the level of respect each player has for himself, others, and the process.

-Second, we study their abilities via personal drills, personal videos, and personal interviews.

-Third, we offer suggestions and methodologies that can improve or enhance their approaches. We provide efficient and effective tools for development in the skill sets, the power and speed enhancement, and positive mental approaches for success.

-Fourth, we walk the daily journey and share the ups and downs of participation via personal games, review of videos, or virtual communication via text, cell, or zoom.

-Fifth, we share the players activity with others to gain additional review and critiques. Our network is global, professional, collegiate, and grassroots with respect to professional, amateur, and international teachers, coaches, managers, and instructors.

-Sixth, we open doors for future participation in college, international, and professional arenas.

-Seventh, we provide open dialogue with family, friends, and baseball community to maximize our players experience.

-Eighth, we provide avenues of experiences that co-exists with the life of baseball so that our warriors are able to adapt, improvise, and overcome on their journeys of life.

-Ninth, we charge a simple yearly fee of \$275.00 for all of this!

-Tenth, we enjoy watching our total packages produce and influence within their circles of play, both on and off the field.



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 the field!



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 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 throw a ball is Ankle, Power, Pull.

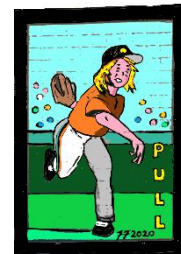
Ankle



Power



Pull (Pronate)



For all positions, the APP is the most efficient, effective, natural process for moving a ball from one to another. Infielder, outfielder, catcher, pitcher, losing-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.

Web.youtube video of APP

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 process of development.

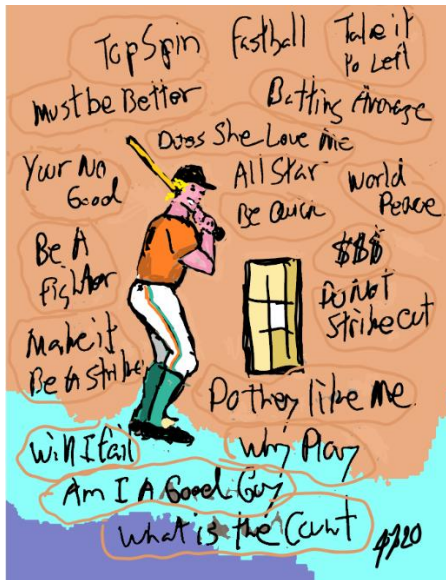
Web.youtube video of SSCCP



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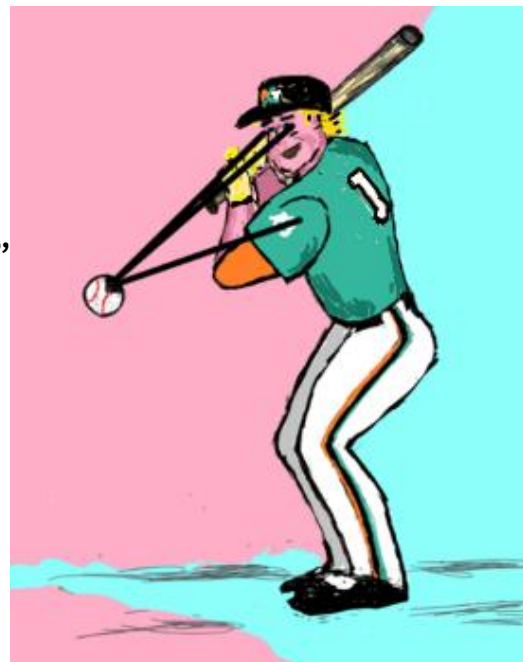


Keep Front Shoulder pointing to the ball, Keep the eyes focused on the top inside quarter of the ball, and hit the ball out in front of the body as it enters the zone above/near/around the plate. When a warrior has this mental approach, the warrior can hit anything, anytime, anywhere. The warrior is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

