

The No-Nonsense Baseball Player's Guide To **PEAK PERFORMANCE**

**MAXIMIZE
YOUR FULL
POTENTIAL**



Brian Hamm

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Important Notice:

I recommend dozen's of exercises and routines in this book. Be sure to prepare your body properly before completing these high-intensity workouts. If you feel any of these exercises will put you at risk, please consult your physician before using these exercises.

-Brian Hamm

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Preface

It started with a dream. A dream shared by millions of kids around the world. A dream to play Major League Baseball. A dream that turned into an obsession with America's Greatest Past Time. My story starts with that dream.

You may be like me. I grew up idolizing some of the great players in the history of the game. Ken Griffey Jr. and Derek Jeter; Boy, did I want to be like Derek Jeter!

If you're reading this now, it's certainly not because I made a name for myself like Derek Jeter. If you Google my name, you won't find a page full of pictures of me playing in Yankee pinstripes. A link to a Baseball Reference Profile will not pop-up. You'd even be hard-pressed to find some of my College Stats.

So why did I write a book titled "The No-Nonsense Baseball Player's Guide To Peak Performance"?

Why should you listen to me?

With so many players and coaches out there who DID make it to the Major Leagues, why should you listen to someone who **DIDN'T**?

It's a great question. And one I can answer in many ways, but I'll use just one word:

Failure

My failures in the game of baseball have driven me to discover more knowledge about the game than I ever could have imagined if I had a smooth ride to the show.

My dream, passion, and obsession drove me to research, experiment, and ultimately discover unique ways to transform baseball player development.

My journey to maximize my own potential ultimately led me to a new journey of helping others to maximize their potential.

So why not listen to current and former big leaguers on the topic of baseball player development instead of me?

Well, most of them have never truly hit a roadblock in their career. They ascended to the top without any true understanding of what makes them so good. They know they're good, and they know what they did that made them good; but they lack an underlying knowledge on how to help other players achieve what they did.

And that's no knock on them. If I had their success, I wouldn't have done any research or experimentation that was new and unique. It's like the old saying says, "If its not broke don't fix it." For most Major Leaguers, it was never broke, so they never had to learn to fix it. That wasn't the case for me.

My first real roadblock was my senior year in high school. I was a decent high school player, but by no means a stand out. I had plenty of teammates getting offers to big time Division 1 schools and getting attention from pro scouts. That wasn't me at all.

I was a leadoff hitter, and had been told my whole life to hit the ball on the ground due to my speed.

I was really good at it. I made lots of contact and rarely struck out. I had perfected the craft of being a successful high school leadoff hitter.

So when Division 1 recruiters kept telling me that my offensive game wouldn't translate to the next level, I was confused and frustrated. You mean this is what I've been taught my whole life and now you're telling me it's not what college and pro scouts want?!?!?

This roadblock led me to research.

I went to a local Junior College where I was first introduced to high-speed video analysis. I had no idea what my swing looked like, or even what a good swing was supposed to look like.

I began picking the brain of my college hitting coach who was a disciple of well-known hitting coach, Craig Wollenbrock.

I was intrigued by the differences between my swing and the swing of Major Leaguers.

The movements and positions that I was seeing in Big League hitters were far different than the ones created in my own swing.

Hmm. More research.

One of the first things that my hitting coach in Junior College tried to change in my swing was my aggressiveness.

My swing was often passive. He called it, a “B-effort swing”.

I wasn’t trying to swing with B-level effort, but my previous approach of trying to just make contact and put the ball in play had resulted in a less than aggressive swing.

An “A-effort swing.” That’s the most profound change I made my freshman year in college along with a few minor mechanical changes.

I went on to win Conference Player of the Year honors leading the team in hitting, extra-base hits, runs scored, and stolen bases. Division 1 recruiters started to see a new player that they liked.

I didn’t rest on my successful freshman season. I worked extremely hard the summer going into my sophomore year. The problem was, I had no real understanding of how to work hard, or more importantly, how to work smart.

The second roadblock I hit was a series of injuries. I tore my hamstring due to overtraining and lack of sufficient recovery protocols during my summer training. I started to experience elbow pain due to insufficient range of motion and lack of a quality throwing program. And I strained an oblique, which caused me to go back to my “B-level” swing.

Instead of addressing the issues, I decided to rest (do nothing) out of fear of causing more damage. Resting was very likely the worst thing I could have done in that situation. I thought I was being smart by letting my body heal. But what I didn't know at the time was that too much rest could be detrimental to the healing process.

I eventually went to physical therapy for all of my ailments desperately trying to nurse my body back to health. It didn't work and I was forced to medical redshirt my sophomore season.

Division 1 recruiters disappeared like ghosts.

Going into my 3rd year, I saw an article in the newspaper about basketball player Jeremy Lin rehabbing his injured knee at a local training facility, Sparta Science.

Sparta uses Force Plate technology to prescribe individual workouts that simultaneously improve movement patterns and strength, while also reducing risk of injury.

After spending a full afternoon researching the program, I was sold. Saving a good portion of my money and having a good support system with my family to cover half the costs, I began to train at Sparta.

In 2 years of training at Sparta, I was able to gain knowledge 10 years ahead of its time.

At the time, I thought it would help me achieve my dream to play Major League Baseball. Little did I know that the information I learned would take me on a much different path as a coach and teacher.

Although physically I had started to regain my health and my skills, mentally I had a hard time regaining my edge.

This led me to explore the mental side of the game, which at the time of this publication, I have been researching consistently for 4 years, and will continue to research and improve upon. The mental side of the game is something vastly underdeveloped in the majority of our players.

We live in a generation of “soft” players, and for a long time, I was one of them.

My college career ended with me being undrafted, and wishing I had learned what I know now a lot earlier in my career.

“If only I knew what I know now when I was in High School, maybe things would have been different.”

This thought-process led me directly into coaching with the goal of providing amateur players with the real information they need to reach their goal.

My new passion is to provide information, training techniques, personal coaching, and other developmental platforms to you, with the goal of improving baseball player development.

Using my story and a countless number of resources along the way, this book will provide you with the information I learned far too late in my career.

Introduction:

Let me tell you what this book is **NOT** about. It's not about giving you breakthrough new information that will immediately take your game to the next level. Although some of the concepts in it will help you do so. It's not heavy on mechanics. Although some mechanics are taught. It's not about giving you a step-by-step process to a new swing, or how to increase throwing velocity. Although the information in here will help you do so.

This book is about HOW to develop **YOURSELF** as a complete player to reach your **MAXIMUM** potential. It shows how to work. When to work. What to work on.

It explains the process of developing yourself and how to go about your work on a daily basis.

It gives you information on how to allocate and organize your time to ensure all facets of your game are developing in a way that will give you your best **CHANCE** to play at the highest level.

And I say **CHANCE**, because **NOTHING** is ever guaranteed. Not in this game.

This book is about training yourself to be your own best player. If you're not willing to work hard, you can go ahead and stop reading this right now. It will provide you with little to no value.

But if you're willing to work... if you're willing to do whatever it takes to become a better player ... if you're willing to sacrifice who you are for what you will become, the information in this book will be extremely valuable for you on your journey to reach your goals and dreams.

This book is a blend of developing tools and skills. Strength and mechanics. Physical ability and mental toughness.

Coaches and players are usually on one-side or the other. They either believe in developing tools or developing skills. Hitting mechanics or hitting approach. Playing more games or practicing more.

But no one seems to put it altogether. No one seems to recognize the importance of ALL of them. No one talks about how to integrate all of them into a program that will help you maximize your potential as a baseball player.

They believe in one thing, and they spend most, if not all of their time developing one specific facet of their game. They become one-dimensional.

Let me tell you something you need to know now. If you want to reach your **FULL** potential as a player, you will need to make time to develop ALL facets of your game.

And that's what this book will teach you to do.

I'll show you how to develop yourself as a hitter. How to develop yourself in the weight room. How to develop yourself on defense, base running, speed training, throwing, and how to transform your mental approach...

And most of all, how to put it all together to get the **MOST** out of your ability.

You've been forewarned, this is not for the players who are "grinding" through their 2-hour practice so they can go home and watch Monday Night Football or hang out with their girlfriend.

This book will challenge you to ask yourself whether you're really doing "whatever it takes" to reach your dream.

After reading this book, the only excuse you'll have is that you don't want it as bad as you thought you did...

If that scares you, stop now.

If that excites you, lets get started!

Chapter 1: Beginning with the End

“Setting goals is the first step in turning the invisible into the visible.”

-Tony Robbins

Where are you now? Where do you want to be in the future?

These are the two most basic questions in your quest to become a better baseball player. But they’re also the most important, because your ultimate goal is to create a developmental process that bridges the gap between where you are now, and where you want to be.

If you’re a high school player who wants to play in the MLB one day, you have a big gap to bridge, and a lot of variables to assess to get to where you want to be. Your training protocols might require a higher risk/higher reward program in order to make bigger jumps in your overall development.

If you’re a college player who’s a top prospect and wants to play in the MLB, you still have lots of work to do, but your gap is smaller than the high school player. Your training protocols might be lower risk, because you’ve already been identified as a player with the potential to play in the MLB.

These are two examples of different players, at different levels, who should have different ways of developing themselves to reach the same goal.

Ok, so what about a teammate who is currently playing at your same level, and has the same end goal?

Well, are you the same size as him? Do you have the same swing? Do you throw the same way? Run the same way? Think the same way? Play the same position? Have the same exact work ethic? Make the same decisions?

You’d be lucky to answer yes to even one of these questions.

So you can already see that you're going to have a unique journey and process for bridging the gap between where you are now, and where you want to be. **YOU MUST UNDERSTAND THIS.**

No two players are exactly alike. So no player should have the same exact process to developing themselves to reach their end goal. But what you can do is use proven systems and methods and cater them to your own specific needs. The first question you have to ask yourself is "Who are you as a player right now?"

Try this powerful exercise:

Print out the most recent picture you have of yourself playing. Glue it or tape it to the middle of a piece of paper, or even better a whiteboard.

Around the picture of yourself, write down everything you know about yourself as a player.

- Height/weight
- Age
- Body type
- Position
- Rank your 5 tools (hit for average, power, speed, arm strength, glove)
- What are your strengths and weakness in each tool?
- How much time do you spend developing yourself in comparison to each tool you ranked?
- Do you perform better in practice or games?
- Do you thrive in high pressure or low-pressure situations?
- What pitches do you like to hit and in what location?
- What do you think about when you hit in games? When you're on-deck? In the field?
- What do you think about in practice?
- Who do you model your game after?
- How much time do you spend developing yourself on a daily basis?
- How much time do you spend watching baseball? Playing baseball? Lifting?

- How many games did you play in this year?

EVERYTHING YOU CAN POSSIBLY THINK OF!

Take some time to do a thorough job assessing yourself. This is a complete avatar of who you are as a player at the current moment. Be honest with yourself, no one else has to see this! This exercise will ultimately turn into your own individual guide on how to develop yourself as a player, so do a good job!

I did one for myself for when I was a 20-year-old college player as an example:

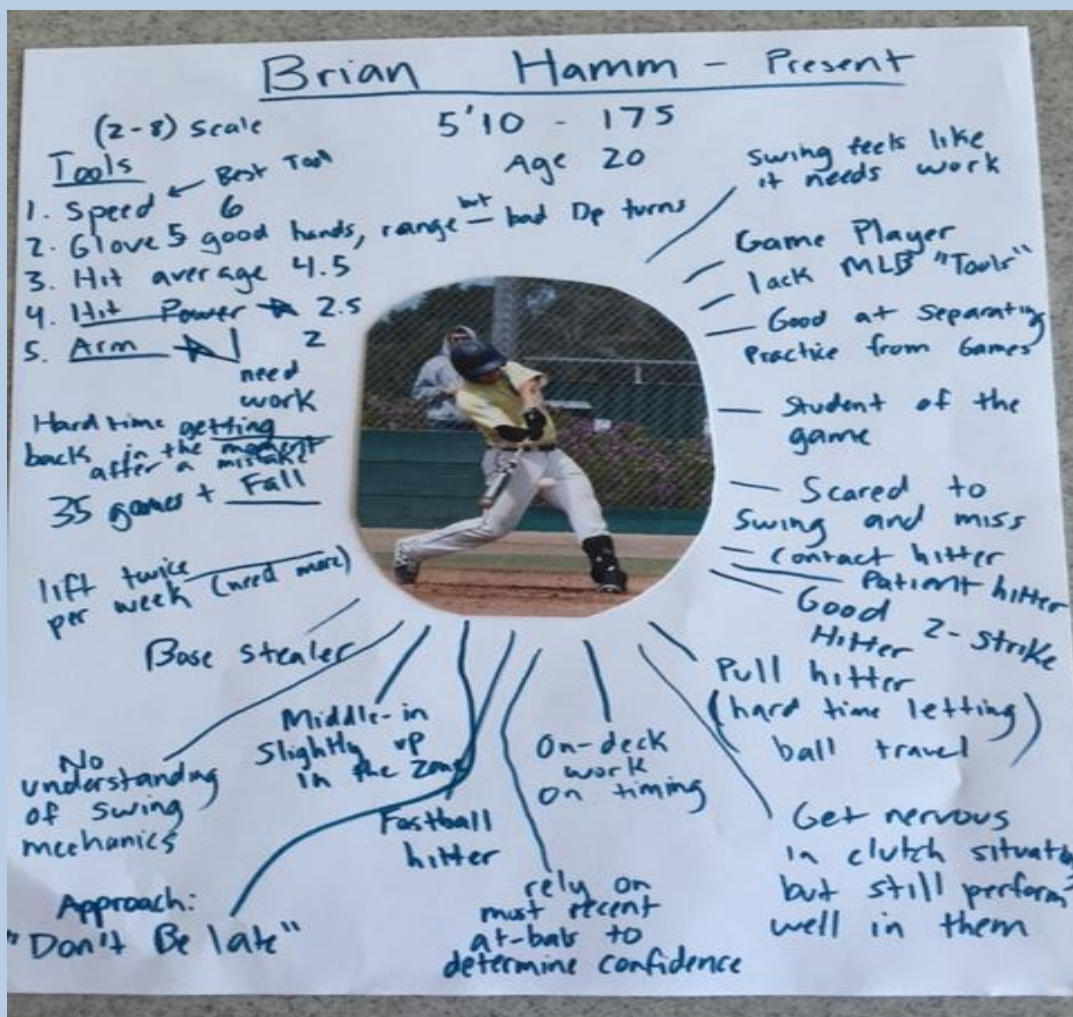


Figure 1.1: My example; create yours by listing everything you know about yourself as a player!

Once you have this, print out a picture of a current player who has achieved your desired goal AND has similar attributes to who you want to be as a player.

*Hint if you're a 5'9 150 pound high school second baseman, don't put Miguel Cabrera or Matt Holliday. If you're 6'3, 240 and have no speed whatsoever, don't put Andrew McCutchen! The player doesn't have to be exactly like you, we already addressed the fact that the same 2 players don't exist. But make it someone you can use as a model for yourself.

Once you paste that picture on a piece of paper or new whiteboard, answer as many different questions about this player as possible. This is **YOU** in the future. This is who you want to be as a player.

- Height/weight
- Age
- Position
- Rank his tools
- How does he swing, field, throw, run?

And so forth.

Do a thorough job of outlining who you want to be as a player, and the attributes that this player (future you) has as a player.

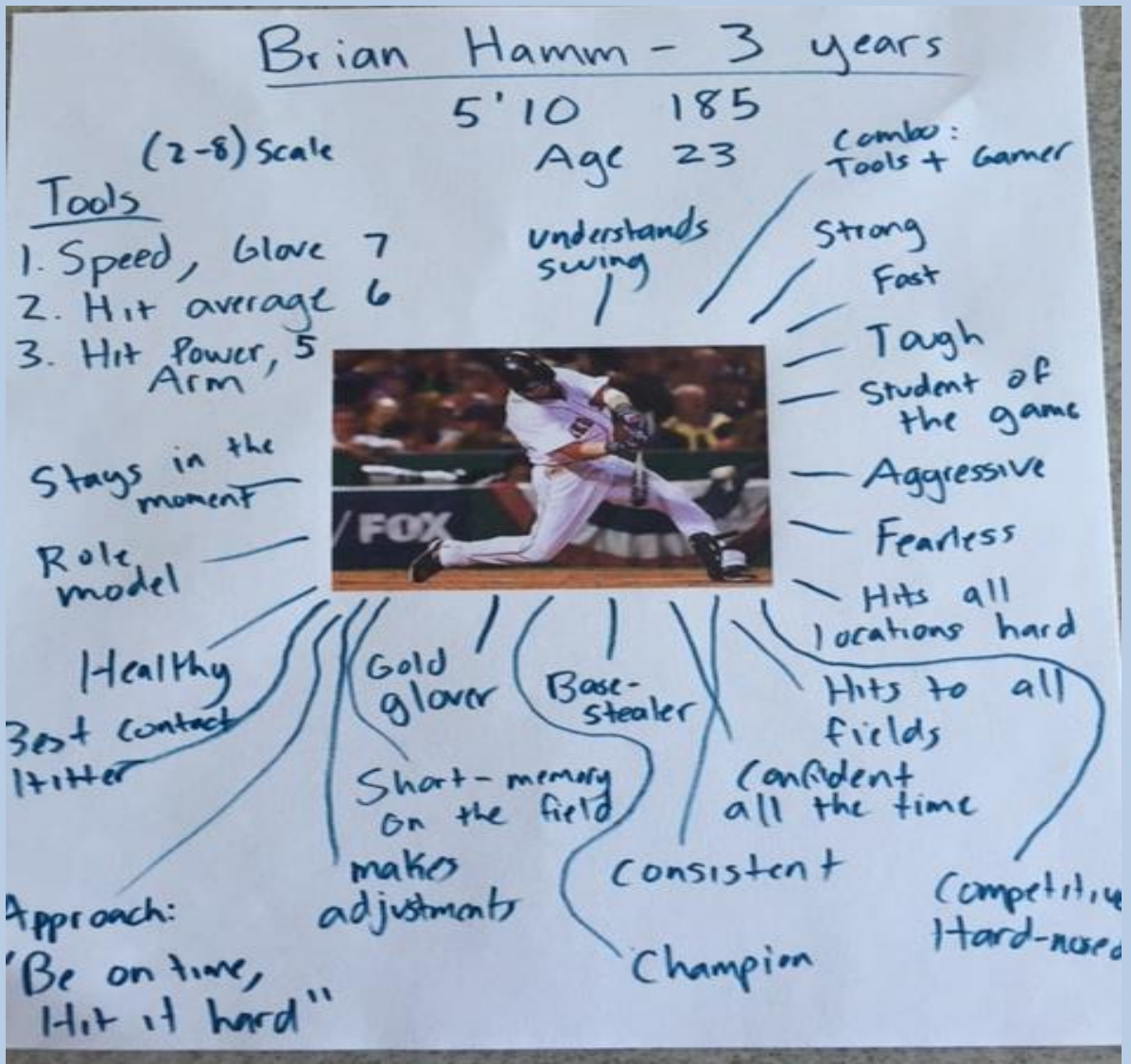


Figure 1.2: Choose the type of player you **WANT** to be in the future.

You now have two different "avatars":

- Who you are now as a player
- Who you are in the future as a player

Now, how do you bridge that gap? How do you get from player 1 to player 2? Everything you do to develop yourself as a player must answer these questions.

The rest of this book is a guide on how to do it. But as we already addressed, there's no cookie cutter system. Your avatar and assessment of yourself needs to be the guiding factor in deciding what you do on a daily basis, and how much you do it on a daily basis. This book will give you methods; it's your job to decide which methods are used, and when to use them.

Your current strengths and weaknesses that you addressed are your guide to determining how much time is spent developing each facet of your game. Do you need to play in more games? Or spend more time lifting weights? Do you need to throw more? Or spend more time developing some extra speed? If you did your avatar and self-assessed yourself honestly, you should have a clear picture on where to start. And a clear picture of what you want your future to be. This is called "beginning with the end in mind."

Re-do your current avatar every couple of months to account for the progress you've made and make adjustments accordingly. It's a powerful tool that gives you a clearer picture on what you need to do to get where you want to be.

Now it's time to jump into the how: The methods for bridging the gap between who you are now, and who you want to be.

If you want to continue reading, you can get the full book by clicking the button below.

