



NEW SOUTH WALES JUNIOR BASEBALL LEAGUE

For the advancement of Junior Baseball within the State of New South Wales

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In following weeks we will publish a group of articles which will concentrate on

FITNESS FOR BASEBALL

Why is fitness important?

A high level of fitness for each athlete is important because it:

- allows players to perform at their best
- assists in injury prevention

When do injuries occur?

Injuries can occur at any time. They are more likely to occur towards the end of a sporting activity because the ball player is:

- tired
- less able to cope with the physical demands
- less capable of performing skills to an adequate level due to fatigue.

How do we measure fitness?

Fitness for baseball is a combination of many factors. The most commonly developed components include:

ENDURANCE

- cardiovascular endurance - the ability of the body to deliver oxygen to the working muscles for an extended period of time.
- Muscular endurance - the ability of the muscle to continue to work over an extended period of time.

STRENGTH: The ability of the muscles to produce a force against resistance

SPEED: The ability to move as fast as possible

POWER: The ability to produce maximum force in the shortest time.

FLEXIBILITY: The range of movement around a joint

BASEBALL TRAINING will aim at specifically improving these components of fitness in the following ways:

- **ENDURANCE** will be improved by your running and throwing program together with cord work and thrower exercises as advised.
- **STRENGTH** is improved with resistance exercises
- **SPEED** is improved with sprint work and batting drills.
- **POWER** is improved with a combination of resisted exercises, medicine ball work, plyometric drills and speed work.
- **FLEXIBILITY** is improved with stretches.

H. Milewski, physiotherapist.