Off-Season Training at VSA

This document outlines the structure and value of the **VSA Baseball/Softball Off-Season Training Package.** Whether you're returning or joining us for the first time, this overview highlights what you can expect, including scheduling dates, training value, expectations, and the overall experience offered by our program.

Note: This package is open to anyone interested in training at Valley Sports Academy in the 2026 – 2027 off-season. It is not a requirement that your athlete be a part of our summer teams to participate in our off-season training.

Program Overview:

- 20 weeks of in-person coach-facilitated programming
    - No programming the weeks of Thanksgiving, Christmas, or New Years
- 42 weeks of TeamBuildr remote programming
- 16 winter hitting sessions
- 10 defensive Sunday skills sessions

Also Included:

As a VSA Off-Season Training athlete, you will receive:

- A VSA practice jersey
- Access to a TeamBuildr account
- An ArmCare Premium Subscription
- Access to Rapsodo technology for pitch shaping & pitch arsenal development
- 4 athlete assessments using VALD Force Plates and ArmCare dynamometers
  Note: Athlete assessments are subject to an athlete's attendance.

Cost: $1,500

Want to learn more? Below you will find an in-depth calendar breakdown of the VSA Off-Season Training Package, description of the technology that will assist our programming, and the "why" behind our programming.

Calendar Overview:

August & September:

- No scheduled off-season training.

October:

- Individual athlete assessment on upper and lower body – athlete's individual numbers used to determine programming decisions.
- Begin 3 day/week off-season lifting/training. **No throwing involved in training.**
    - Programs are built into the TeamBuildr platform, so logging and tracking exercises remotely is possible.
    - 10u, 11u, & 12u – focused on movements, bodyweight exercises, speed and agility work.
    - 13u & 14u – start adding resistance training, building consistent and correct habits in the weightroom.
    - High school – focusing on building strength and speed for power production.
- 8 – Week Hitting Clinic begins the week of October 18th. A specific schedule breakdown is coming soon.

November:

- Continued programming from October – programs are written in 8-week intervals for maximum results.
- High school pitchers will begin their off-season throwing. The most important part of the off-season is building up the chronic workload. Slow, progressive, ramp-up throwing for 5-6 weeks.

December:

- Reassessment of athletes' upper and lower body – new numbers will continue to drive programming.
    - A new set of 8-week programming based on new numbers.
    - Focus will be on building max strength, more resistance, less reps, eccentrics, unless assessment says otherwise.
- High School Pitchers transition to a velo building stage with higher intent throwing, utilization of weighted balls as prescribed, continuing to gain strength & range of motion to improve output.
- 8-Week Hitting Clinic ends during the week of December 13th.

January:

- Continued programming from December
- Begin baseball and softball specific training and slowly introduce throwing to non-high school pitchers.
- Begin Sunday training!
    - Strength & conditioning
    - Youth pitchers
    - Catchers
    - Infielders
- New 8-Week Hitting Clinic begins the week of January 3rd. Scheduling to come.

February:

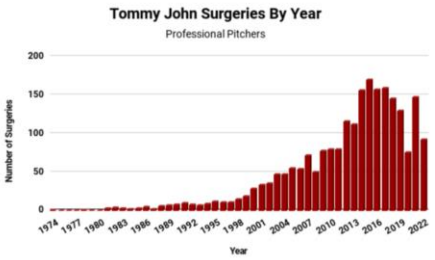
- Another reassessment of athletes' upper and lower body
    - Programming is adjusted based on numbers, with a focus on speed training.
- Hitting programs continue.
- High School Pitchers transition to their competition phase, where we begin pitch shaping & building arsenals unique to every athlete. Utilization of Rapsodo technology to model pitch shapes. Pitchers then begin facing live hitters 1-2x per week.
- 8-Week Hitting Clinic concludes the week of February 21st.

March:

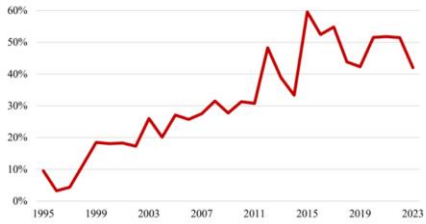
- Roughly two weeks left of the off-season prior to the high school/spring season beginning.
- High School Pitchers will work up to 4-innings of work, as long as ArmCare assessments are in agreement with the workload.
- Continued programming with a focus on speed from February.
- Final assessment done prior to athletes heading into the spring season.
    - This amount of reassessment allows athletes to see their continued growth over the course of the off-season, as well as infer decision making based on assessment results.
- VSA Off-Season Training Package comes to an end for the 2026 – 2027 season.
- All athletes will get an in-season program through TeamBuildr that will last mid-March through the end of July. In-season lifting is not optional, as maintaining the gains made during the off-season is vital to performance but also continued health through the spring & summer.

The “WHY” Behind the Programming

The training schedule is written & planned in accordance with a rule change that is coming down from Major League Baseball. Major League Baseball (MLB) has implemented a mandatory "Amateur Recovery Period" designed to reduce injuries by curbing year-round, high-intensity competition for draft-eligible players. During this period, MLB teams are strictly prohibited from in-person scouting, attending showcases, or collecting data on high school (Oct. 15 – Jan. 15) and college (Nov. 15 – Jan. 15). We at Valley Sports Academy are believers in multi-sport athletes as well as doing everything we can to mitigate injury risk while maximizing performance in the development process. Unfortunately, the injury trends among throwing athletes require coaches and players to be diligent in managing acute to chronic workloads & targeted strength training.



UCL Reconstructions (Tommy John Surgery) by year in MLB.



Youth and High School Pitchers as a Percentage of UCL Surgeries at Andrews Sports Medicine & Orthopedic Center.

Training Overview & Technology

The VSA Baseball/Softball Off-Season Training Package will be utilizing up-to-date, industry standard technologies to promote player development during the months of October through March, prior to the start of the high school baseball & softball seasons. Any athlete who participates in this program will have access to the following:

Training Sundays: 10 Sundays worth of training starting in January and continuing every Sunday through the middle of March. These Sundays are age and position-specific training programmed to develop an athlete’s understanding and mechanics in any given facet of the game.

Note: VSA staff will do their best to make up any Sunday training days that may be lost due to inclement weather.

8-Week Hitting Clinics: 2, 8-week hitting clinics will be offered to any athlete participating in the VSA off-season training package. These sessions will run 8 consecutive weeks, with each age group hitting 1 night per week. These hitting clinics will be programmed to continuously build from week to week; with the first 8 weeks focusing on mechanics, and the second set of 8 weeks focusing on game-like situations to prepare for the spring/summer seasons. More information regarding scheduling can be found in the calendar breakdown below.

TeamBuildr: An agility and weightlifting programming app that allows our staff to program a workout routine based on an athlete's specific needs. Athletes that participate in this package will be put on a 3-day agility/lifting program, which allows for maximized growth and recovery. TeamBuildr comes with video demonstrations of each movement, an easy-to-follow daily agenda for each athlete, the ability to track progress, and the opportunity for your athlete to complete their workout anywhere! Valley Sports Academy will utilize this app for all their programs. Individual player calendars will be put together by our player development staff.

Individual Player Assessments: All athletes at VSA will have the opportunity to go through physical assessments put together by our player development staff. To ensure we are offering the best possible programming for every individual athlete, those programming decisions will be based on quarterly assessments as we transition through different training phases. The technology we will utilize to perform these assessments are listed below.

VALD Force Plates: VALD Force Plates are a new addition to our VSA programming. These plates allow our staff to collect numerical values for strength produced by each athlete. These numbers can tell us a multitude of things about an athlete; deficiencies in balance, strength imbalances between each leg, jump data, isometric force production, etc. These numbers are unique to each athlete and will be used to drive their individualized programming in TeamBuildr. VALD Force Plate testing is scheduled 3 separate times (transitions from training phase to training phase) in our programming, allowing athletes and families to see improvements throughout the off-season.

ArmCare Premium Subscription: VSA is a proud facility affiliate of the ArmCare brand. ArmCare is a company who believes that arm strength monitoring & strength building is the key to remedying the alarming trends in throwing injuries, especially among teenage athletes. We utilize handheld dynamometers to perform two tests: 1) a range of motion assessment of the shoulder and 2) an isometric strength assessment of the prime muscles involved in throwing. This exam gives us data on the athlete's individual strengths and weaknesses, helps us make throwing decisions, train the athlete away from injury, and

ensure that when we are asking an athlete to throw, they have the physical capacity to handle the workload that day. We also assess the athlete post-throw as well, to gauge fatigue, which allows the athlete & our staff to make decisions in the weightroom that day as well as throughout the week. Use promo code: VSAarmcare for 10% off any order on their website: armcare.com.