

# The 4 Most Critical Mistakes Made By Parents and Athletes Which Derail and in fact often Destroy a Young Pitcher's Career.

## Crucial Mistake #4. Following A One Size Fits All Training Program

If I asked you the question: Is penicillin a good thing?

A vast majority of you who are not by nature comedians, smart-alecks, malcontents or chronic mismatchers, would intuitively say..."Yes, I believe it is!"

The reason is that you know penicillin has saved millions of lives. Therefore it has to be a good thing. Right? Makes perfect sense.

The problem with the answer is not as much that it is 'incorrect' as it is 'incomplete'.

Case in point: If you have an infection...penicillin indeed can be a very good tool...a very GOOD thing.

But what if you had no infection? Getting a penicillin shot would neither be good or bad. It would be a waste of time.

But what if you were severally allergic to penicillin.

Frankly, penicillin could kill you.

So I ask you the question again...Is penicillin a good thing? The correct answer is...it just depends on the individual and his/her current status.

For an individual that has an infection and isn't allergic to penicillin...penicillin is indeed a good thing.

For an individual that does NOT have an infection and isn't allergic to penicillin...it is neither good nor bad...but could definitely be a waste of time, effort, money and resources.

And for an individual who is allergic...penicillin should be completely avoided.

What does that have to do with training a baseball player?

EVERY THING!!!!

Some guys need to REALLY focus upon improving their mobility & flexibility. Other guys shouldn't stretch at all...so sending everybody to Yoga is a bad idea. But thats what we do. We check off Yoga/ Stretching/ Flexibility....CHECK. Never ONCE considering the time we maybe wasting or damage that we may be doing to certain individuals.

Some guys need to REALLY focus upon improving their strength and stability. Other guys need to dial down their strength program until they are balanced functionally...so giving everybody a power lifting program with Olympic lifts is a bad idea. But thats what we do. We check off Weight Room Strength/ Stability/....CHECK. Never ONCE considering the time we may be wasting or the damage that we may be doing to certain individuals.

AS far as movement patterns are considered (aka mechanics) ...Roger Clemens and Greg Maddux don't need to be concerned regarding forearm flyout and using connection ball in the number 1 position...but Scotty Kazmir and Jake Peavy certainly do.

We check off 'Throwing Program'....CHECK. Having everybody doing the same thing, never ONCE considering the time we may be wasting or the damage that we may be doing to certain individuals.

But it actually even worse than this.

The harsh reality few recognize is this: "One size won't even fit ONE forever."

Nolan Ryan as a 19 yr old rookie with the NY Mets did not need the same stuff as a 44 year old veteran Ryan with the Texas Rangers. Same guy. Way different needs

So don't ever buy into the one size fits all 'anything' in sports development. If people aren't first assessing your son to discover his unique individual needs BEFORE they assign him a training process...run ...don't just walk away. It may be difficult finding a trainer who will work THAT hard...but I promise you THAT search is worth the effort.

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For more information on the Texas Baseball Ranch and the various training programs offered, visit [www.TexasBaseballRanch.com](http://www.TexasBaseballRanch.com), call (936) 588-6762 or email: [info@TexasBaseballRanch.com](mailto:info@TexasBaseballRanch.com)