

# Main Street Nukes Baseball

## 13U-15U: High School Prep Program



### High School Prep Program Goals

- Transition players (and parents) from 'kid' baseball (12u) to high school baseball
- Instill love of working on craft
- Stress acting and looking like a ballplayer
- Work with individual players to reach high school goals; understand environment of their HS program
- Provide high level opportunities for especially skilled players
- Evolve player / coach relationship
- Blend development and performance-based opportunities
- Recognize and work through uneven physical maturity
- Arm development
- Educate on nutrition, rest, etc.

### Strategies to Implement Program Goals

- Fill rosters with highly coachable players
- Fill rosters with parents who believe in and promote the program
- Teams to utilize the "Nukes" name beginning at 13u
- Develop relationships with local high school coaches
- Offer and encourage opportunities for playing grade appropriate baseball
- Consider expansion of rosters from 10-12 at 12u to 12-15 at 13u+
- Promote self-driven facility, pre-practice, pre-game work
- Stress and reward attitude and effort
- Practice in-game dugout discussions
- Teach post-pitching recovery; flush, bands, rest/reduced alternate position arm risk
- Promote "bucket talks"; encourage direct player / coach communication
- Balance tournament levels; stretches and expecteds
- Initiate dugout-appropriate nutrition
- Develop relationships with training talent

Questions? Contact us at [info@mainstreetbaseballclub.com](mailto:info@mainstreetbaseballclub.com)

