

2022 Baseball Skill Acquisition Summit



Day 1:
Motor Learning Theory

22 Oct 2022



Time	Topic	Speaker
7:30-8:00	Registration	
8:00-8:10	Intro/Housekeeping	Amy Marsh
8:10-8:55	<u>How To Structure Skill (Part 1)</u>	Frans Bosch
8:55-9:05	Break	
9:05-9:45	<u>How To Structure Skill (Part 2)</u>	Frans Bosch
9:45-9:55	Break	
9:55-10:45	<u>Capacity vs Skill: Training to Increase Opportunities for Action</u>	Rob Gray
10:45-10:55	Break	
10:55-11:45	<u>Motor Learning Methodology</u>	Martijn Nijhoff
11:45-1:15	Lunch	
1:15-2:05	<u>Building Block Concept for Integrating S&C and Skill</u>	Teun Thomassen
2:05-2:55	<u>Foundational Building Blocks of Hitting</u>	Bart Hanegraaff
2:55-3:05	Break	
3:05-4:05	<u>Anatomy of Pitching Attractors: Conditions, Not Positions</u>	Randy Sullivan Alan Kolb
4:05-4:15	Break/Q&A setup	
4:15-5:00	Q&A	Frans Bosch Rob Gray Randy Sullivan Martijn Nijhoff Bart Hanegraaff Teun Thomassen Alan Kolb

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Day 2 :
Practical Application
23 Oct 2022



Time	Topic	Speakers:
9:00-9:30	Recap/Housekeeping	Amy Marsh
9:30-9:45	Load & Ride	Frans Bosch
9:45-10:00	Load & Ride Applied to Hitting & S&C	Bart Hanegraaff Teun Thomassen Alan Kolb
10:00-10:15	Load & Ride Applied to Pitching/Throwing & S&C	Randy Sullivan Alan Kolb Martijn Nijhoff Teun Thomassen
10:15-10:30	Break	
10:30-10:45	Energy Transfer	Frans Bosch
10:45-11:00	Energy Transfer Applied to Hitting & S&C	Bart Hanegraaff Teun Thomassen Alan Kolb
11:00-11:15	Energy Transfer Applied to Pitching/Throwing & S&C	Randy Sullivan Alan Kolb Martijn Nijhoff Teun Thomassen
11:15-11:30	Break	
11:30-11:45	Deceleration	Frans Bosch
11:45-12:15	Deceleration Applied to Hitting & S&C	Bart Hanegraaff Teun Thomassen Alan Kolb
12:15-12:30	Deceleration Applied to Pitching/Throwing & S&C	Randy Sullivan Alan Kolb Martijn Nijhoff Teun Thomassen
12:30-12:45	Break	
12:45-1:00	Fielding and Baserunning	Frans Bosch
1:00-1:15	Fielding/Baserunning & S&C	Frans Bosch Alan Kolb Teun Thomassen
1:15-1:30	Fielding/Baserunning & S&C	Frans Bosch Alan Kolb Teun Thomassen
1:30-140	Break/Q&A setup	
1:40-2:00	Q&A and wrap-up	All