



Women's Baseball Webinar - Week 2

Coaching Girls in Baseball - by Andre Lachance

Frequently Asked Questions

- Q. Does it include strengthening in the strength-power aspect?
- A. This is a good question. As a general principle, all coaches need to remember that maximum strength is a pre-requisite for speed-strength (also called power). So, in planning for development, max strength should be done prior. Remember no resistance work before appropriate window of trainability.
- Q. What should be the most essential objectives in Coaching Women's Baseball?
- A. Make it fun, inclusive and especially welcoming. Ensure the first experience is super positive so they want to come back. You also want to include more social elements in your planning. Finally, ensure to show them the way, that there are possibilities for them for a durable and positive journey in baseball.