



2nd EDITION
**DESIGNED FOR BASEBALL COACHES,
SCOUTS & PLAYERS**

by
ReactionPro
Don't Think... React!

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About the ReactionPro Report 2nd Edition

The ReactionPro[®] Report 2nd Edition helps to explain the concepts and applications behind the training, measuring and evaluation structure that the highly effective and efficient ReactionPro Training System offers.

This is intended for every Coach from Professional down to youth baseball. It will demonstrate to the coach how to effectively maximize its use for both your benefit in running an efficient yet highly productive practice as well as maximizing your players development goals, weaknesses and enthusiasm.

We all know as coaches there is nothing more gratifying then seeing your students excel to their full potential, break through barriers and continuing to go on playing the game, in fact some may even surprise you!

Similar to Coaches, Scouts will be able to read about how to evaluate a player's core defensive ability using a controlled and measurable defensive system that is very realistic in comparison to the game.

Introduction

Early in the development stages, Team ReactionPro focused primarily on creating the best product for the end user, the player. One that does what it says it's going to do and more. You get a developmental investment that will last a lifetime.

Team ReactionPro has uncovered many advances to the ReactionPro Defensive Training System. The heart of the ReactionPro Training Pad is unobvious to those who see the training Pad and may not understand it's FULL capabilities.

For example, a Batting tee is a piece of rubber with a tube that holds the baseball, but as we now know there are many ways to use a tee in small spaces. Working repetitively on the High Tee Drill to practicing inside swings all assist in a player's development at the plate. ReactionPro utilizes a defensive training system on the pad, a training pad that does more then is obvious the first time you see it.

In early spring of 2007, ReactionPro travelled to the Cactus League in Arizona and tested it out on some of the Oakland A's defensive players, who needless to say had big smiles on their faces fielding the repetitive unpredictable bounces off the Pad. No one bounce was the same. Since then, others have come on board enjoying the benefits of the ReactionPro Training System and Pad, from the world renowned **IMG Baseball Academy located in Bradenton Florida, the BATT Academy in Maryland, to most recently the Detroit Tigers Head Strength and Performance Coach, Javair Gillett, CSCS** as well as various other baseball professionals, scouts, coaches, parents and players.



Opinion from the Detroit Tigers, Head Strength & Conditioning Coach

"Improving coordination and reaction skills is the most important component of our training program. Specific training modes to improve these skills are often misunderstood and overlooked by many coaches at all levels. At the same time new and impressive technology has made it seem extremely complicated. It's actually pretty simple and ReactionPro is the innovative and effective proof of how easy reaction training can be implemented in a baseball-specific environment."

"Elite athletes in any sport have a knack for making the most difficult tasks look easy. They are able to communicate and coordinate the most efficient responses in a split second. Even if it comes naturally, all athletes can train to improve his or her reaction time. This can be achieved by using the most basic drills that will teach you how to coordinate the body to get into the best positions. No matter what baseball skill you are teaching or learning, there is a universal understanding of the progressions we use.

1. Establish balance. 2. Move efficiently. 3. Move efficiently at high speeds.

Now, add the external stimulus, a baseball, and these tasks automatically become more difficult to perform well. It's one thing to be able to hit or field a baseball when you know exactly where it's going. So, start hitting technique drills using a tee. Begin fielding baseballs on flat ground. But, if you want to improve as a baseball player you'll need to progress to much more difficult, game-specific drills. This is where Reaction Pro bridges the gap. The ReactionPro can be used in so many different ways to improve hitting and fielding skills at any level, year-round."

Javair Gillett, CSCS
Detroit Tigers
Head Strength and Conditioning Coach



What is the philosophy behind the ReactionPro Training System?

1) Balance - Players in the game need to understand balance. To improve as a defensive player is just as important as improving as a hitter and visas versus, and if one side is heavier than the other, it is off-balance.

2) Principle of Progressive Overload - The only competition a player has that is either going to excel them forward or hold them back is themselves and how they choose to take action to learn, grow and get better.

In order to accomplish growth as a defensive player and focusing on moving forward and getting better, a system of gradual progressive overload must be in place. The player must gradually increase the challenge or mental/physical stress in an application that closely resembles what they will be doing in a game like situation. Thus, repetitive practice is so very important.

3) Repetitions - As history has documented time and time again, the one simple way of becoming better at a mind/body challenge is to repeat the movement in a safe and consistent manner until a target is reached. In this case we use ReactionPro by minimizing the time to think between groundball work.

For Example, in 10 minutes, 1 player could get in 150 unpredictable reps.

Once the target is reached, then the principle of Progressive Overload can be applied again. We can challenge the mind/body to a slight degree by increasing intensity and decreasing the time between repetitions.

4) Tracking and Measuring - Tracking and measuring with “The ReactionPro Tracking System” is vital to the success of any athlete. It allows a coach, player or scout who is even projecting, to see on paper the history and progress being made over a period of time. If any athlete just goes through the motions without a record of their training or practice, it may lead to a plateau in performance. If a player can see what they have accomplished in a week, or day by day, they can then do several things.

a) First, they may find that they need to make fundamental skills adjustments to obtain better results, so the advice of coach comes into play.

b) They may find that they are out of breath early so the advice of a (CSCS) Strength and Conditioning professional may need to be incorporated on the side or they can stick to the ReactionPro Program and adapt over time.

c) Anyone who views the ReactionPro Report like a Scout or Coach will be able to project possible outcomes, if a consistent program has been implemented.

d) Very Important, when an athlete sees growth on paper by tracking and measuring results, a great thing happens. They get absolutely pumped up for the next workout. Enthusiasm, attitude, self-esteem and basically the entire mental outlook can become positive. This will translate into other parts of the athletes' game.

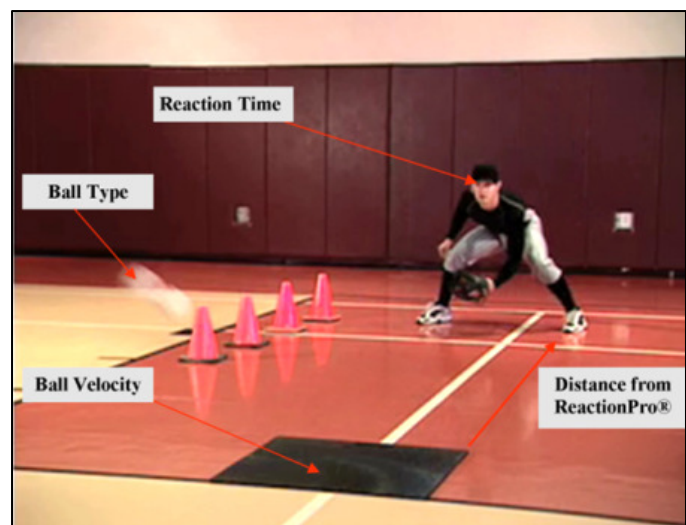
5) Learn and Grow - Learning and growing become easier when it is FUN WORK. When a player can learn and become successful and have fun doing it at the same time, the sky is the limit for growth and skills development. ReactionPro has not put any limits to how hard or intense you can train, once you think you've mastered it, apply the principle of Progressive Overload using the controlled variables and your abilities defensively will be challenged once again until you reach your next goal.

6) Off Season - Indoor Use - A Player can benefit most with efficient and productive use of his practice time. When we think of groundball work, most assume you need a large field. Those fields are available in situations when weather is favourable. So the main focus of The ReactionPro Training System was to allow those in cold or wet weather climates the opportunity to develop defensive skills indoors during the off season with realistic game like movements.

How many repetitions does a player take during batting practice in the off season indoors? Now compare that number to this question. How many repetitions does a player take with groundball work in the off season, indoors? ReactionPro is a perfect fit for those who have an indoor playing surface at home, in the garage, and at the cages while waiting to hit or in the high school gyms, etc. By maximizing your practice efficiency in the off season with indoor training, a team or player can be more productive, balanced and prepared come spring and summer ball.

What are the UN-obvious variables a coach or player may consider when training with ReactionPro?

- 1) Ball Type used (hard / wiffle)
- 2) Velocity of ball to pad
- 3) Distance of player to pad
- 4) Players use game equipment or bare hand
- 5) Distance of Thrower or Pitching Machine to Pad
- 6) Any position specific game plays or situations can be trained
- 7) Designed for in-door playing surfaces and small spaces, or off season use
- 8) Practice drills can be tailored to Stationary, Lateral / Forward Movements or Full Range of Motion - Play Specific
- 9) The 3 Tier system



COACHES NOTE: Using Controlled Variables 1 - 5, 8 and 9 will allow a Coach to intensify the practice. The Example above shows a player in Tier 1; however, the better he gets, the closer he gets to the Pad (creeping forward), using one speed of ball off the training pad. To intensify the practice even more, in this case, a coach would increase ball speed.

Are there some elements which are not controlled?

- 1) The unpredictable bounce the ball takes off the ReactionPro Training Pad
- 2) Attitude of player or coach
- 3) Willingness to use on a consistent basis
- 4) The fear of success

Can any position specific or game plays and situations be trained?



There are a lot of different sequences of plays to draw from. Let's choose just one. But first one must understand that ReactionPro can assist a player in developing any play that involves a bounce. Let's break down a very common play.

You are a defensive player, let's say, Short Stop. There are no runners on base so you're not holding a runner at 2nd and you're not anticipating a steal from a runner at 1st base.

Your mind is clearly on the hitter. The hitter is a lefty and the pitcher is a righty. You have seen this guy in batting practice and in other games, you know that he hits a certain way, balls up in the zone he tends to pull, balls down and away tend to go to the 6 hole in between third and short. You read the bat, you know what pitch is coming, you see the ball clearly into the plate and you take a first step anticipating a ball being hit to your back side. The hitter hits a low outside fastball. Then what? Your eyes engage and send a message to your brain in a split second and this creates a reflex action called Reaction Time. The ball takes three bounces. You take a route to the ball that will allow you to field it on your back side. This First Reaction is the process of preparing to field the ball in your range. As you are getting into a fielding position ready to engage the baseball, the ball takes it's third bounce. At this point you get into your athletic position to fundamentally field and engage the groundball. This is Reaction Time number 2, engaging or accepting the baseball gracefully to compete the rest of the play. You field, plant and throw across the diamond to first base. This is all happening in about 3 - 5 seconds depending on your level of play. However, with that being said, the First baseman must repeat what you did at short stop. He must react to the hit ball, go to first base and get in a receiving position, make contact with your positioning and see your throw. However, in this case, and it happens a lot, Reaction Time 2 takes place again on the field for the first baseman as well. Why? The ball was thrown low in the dirt on a short hop. He must react to the ball as it leaves the dirt. **This equals 2 groundballs for 1 play and 1 out!**

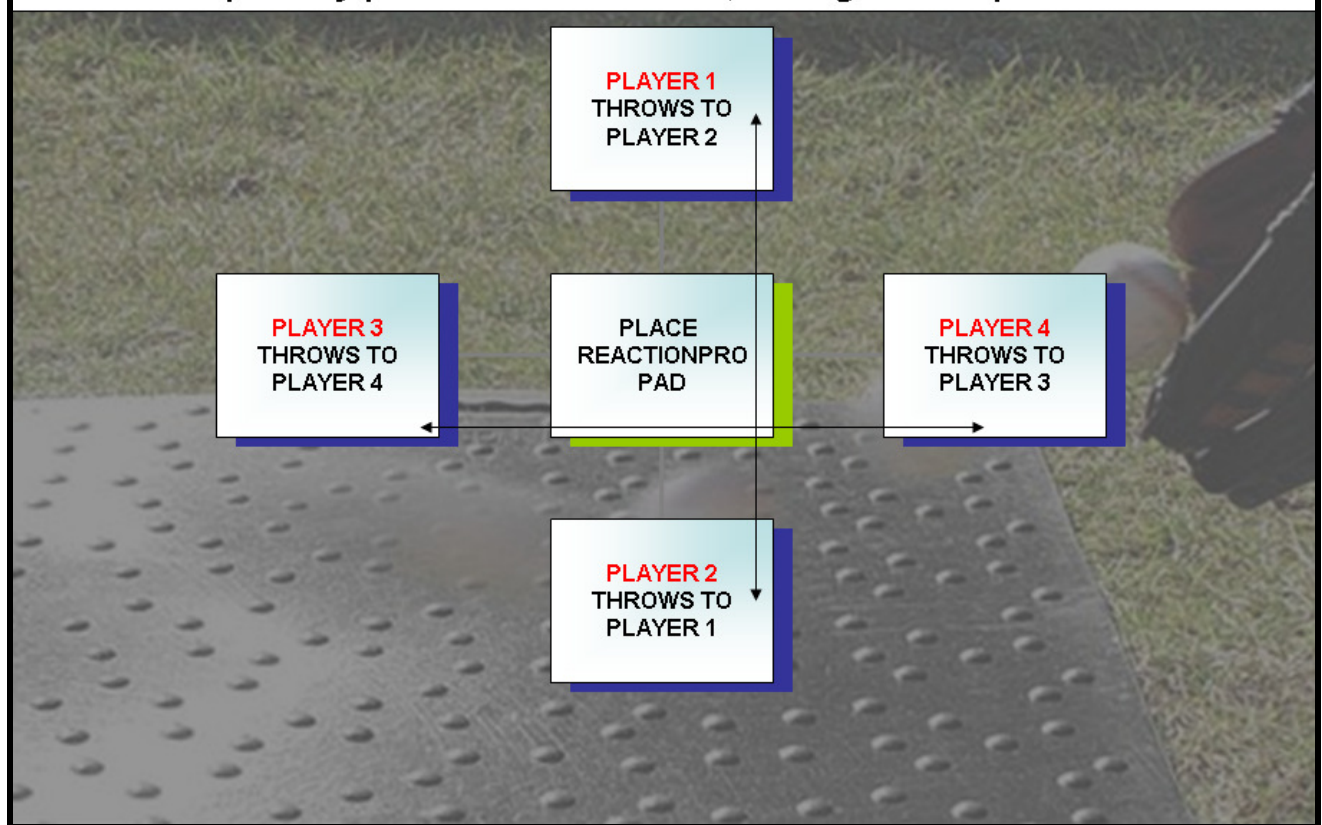
Coaches Practice Example

Cool Example for Coaches in creating an efficient practice situation in ten minutes with 16 players creating total productivity!

- Coaches could create an efficient practice situation with no dead time by incorporating 4 pads and having 4 players on each Pad.
- That is 16 players all doing groundball work in ten minutes.
- 4 players combined in ten minutes will provide around 600 ground balls
- **Used with all 16 guys 4 Pads in the ten minutes will provide 2400 ground balls, more then any coach has time or energy to do in ten minutes! That's Huge!**
- 2 players throw across to each other North and South with the Pad in between them and on the opposite side the other two players throw back to each other East to West.

Doing this simple stationary drill (Tier 1) will provide each player with 150 unpredictable ground balls in ten minutes. The benefit is that it's all about repetitions that are unpredictable, without waiting time that will stimulate growth.

This simple STATIONARY DRILL when used with all 16 guys and just 4 Pads at the same time will provide approx. 2,400 unpredictable ground balls total in just 10 minutes. What can you do in 10 Minutes?
Use this simple very productive drill before, during or after practice.





What is the Purpose of the ReactionPro 3 Tier system?

The ReactionPro 3 Tier System is a controlled practice method that enables a player to move gradually through a series of planned defensive movements. Utilizing drills in a Stationary, Lateral and Full Range of Motion breaks down the play utilizing three stages of defensive controlled baseball specific moments that a fielder uses when engaging the baseball. At the same time the groundballs are totally unpredictable.

In **Tier 1** a player can field the baseball in a stationary stance. Many plays in baseball involve this defensive stance. For Example, one may incorporate specific plays such as tagging the runner with slight increases in intensity using the controlled variables. Once a player is comfortable engaging plays in a stationary stance a player can further increase game like movements by moving up to **Tier 2**, Lateral Movement. Lateral movement incorporates much more athleticism and requires a player to focus even more intensely on plays while quickly moving right or left to field the groundball. The player in Tier 2 again increases intensity using the controlled variables mentioned above until ready to move up to Tier 3, total range of motion or complete the specific play. **Tier 3**, requires a defensive player to incorporate every single movement that he would during a game situation to complete the play. This tier involves more than just receiving the ball; it involves throwing accurate after receiving the baseball. Tier 3 incorporates changing directions, balance and footwork to make an accurate throw to either start a play or complete a play.

1) Tier 1 - Stationary Drills - A Player may start out doing Stationary drills. Some have even started out just on their knees doing bare hand wiffleball work, practicing soft hands only. 100 of these a night, in less than ten minutes a session, is sure to allow him to develop at a faster rate. A player may move up systematically to defensive stance mimicking a specific play which will incorporate balance and glove work.

The balls will be all in range at his location as he works on both horizontal and lateral bounces; the bounces are always different which stimulates growth.

A Player could practice a specific play using the stationary drill such as a 1st basemen receiving a throw over from a pitcher, a second basemen stationary at a bag practicing the tag, or a catcher practicing a play at the plate, outfielders could practice receiving the one hop in the outfield. Again the key is to provide the fielder with non stop repetitions at a certain station.

2) Tier 2 - Lateral / Forward Running Drills - The ability for a player to practice repetitive game like Lateral / Forward Running movement is a key element in game performance. Not all balls are hit on a line as in the example above. Once in range and ready to engage the baseball, a player must balance and change directions. But before he practices changing directions to throw, we can dissect the skill by practicing one aspect. Going to the ball and engaging the hop while on the move. This involves more muscles and coordination on the player's part when compared to the stationary drills. A player can again engage balls on his backhand side, forehand side, in front of him, all the while incorporating the unpredictable variable of the ball taking a hop off the ReactionPro Training Pad that may stay down, come up on him to either side, etc. Video of this is available at www.ReactionPro.com.



3) Tier 3 - Full Range of Motion - (complete the specific play) - Once a player has practiced Stationary and Lateral Movements, he can now practice a Full range of motion. In other words, he can complete a specific play by changing directions and making a clean and accurate throw to his desired target. As in the example above, our short stop had to field a backhand ball, stay balanced, plant and throw. Another example of practicing this type of drill would be turning a double play.

If the Play was a 6 - 4 - 3 double play, the throw to the second baseman at the bag will start the play. If the throw is off, the second baseman will have a more difficult time completing the double play. So practicing specific plays using a full range of motion with accurate throws is very important.

How can a Coach or Scout measure results combining the ReactionPro Pad and Training System.

First one must start using the Pad - the best way to measure if fielding is getting better is over an extended time period. If a Player were to use ReactionPro Consistently everyday for a week, practicing one specific drill or set of drills, you could measure the results on day 1, then again on day 7. If the fielder took 150 stationary ground balls Sunday which takes about ten minutes, and repeated this sequence throughout the week, ten minutes a day, indoors, he will have taken 1050 unpredictable ground balls. On day 7 measure again.

Record and Measure - Recording and Measuring is simple and effective. There is no opinion, just results that are taken into account. The fact that is was either caught or not while using a set of controlled variables exemplifies where their core defensive ability stands.

(ACCESS Coaches and Scouts ReactionPro Tracking sheet here)

<http://www.reactionpro.com/ReactionProTrackingReportandexample.pdf>

Make Adjustments - Even before documenting the whole 7 days in this example, a player will get instant feedback, caught or not caught. He will naturally make adjustments to come up with a desired result. If he continues down a path that needs some fundamental coaching, this is best suited for coach and not ReactionPro, the Pad is a tool which will allow you to see your player's strengths and weakness and make adjustments accordingly.

Repeat - Once an adjustment has been made, the player then repeats the cycle until he has accomplished a goal using the tier system and applies the principle of progressive overload and increases the intensity.



If you would like to contact ReactionPro, please feel free to do so by the options listed below.

If you would like to ask any general questions, you can contact us at:

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