



The Florida Baseball Ranch®/
Dutch Baseball
Skill Acquisition Summit



Sep 8 Agenda		
Time	Topic	Speaker
7:30-8:00	Registration	
8:00-8:30	Welcome and Introductions	Randy Sullivan
8:30-9:20	Intro to Dynamic Systems Theory In Baseball...Intention - Action,	Frans Bosch
9:30-10:20	Self-organization/decentralized control	Frans Bosch
10:30-11:20	Bernstein Constraints Led Approach Differential Learnings	Rob Gray
11:30-12:20	Perception-Action Coupling In Baseball, Representative Design	Rob Gray
12:30-13:30	Lunch	
13:30-14:20	Implicit vs Explicit Learning, Internal vs External Focus, Feedback	Martijn Nijhoff
14:30-15:20	Six Types of Contributors to Sub-par performance or pain. 7 Attractors in Pitching Movement Patterns (Disconnections)	Ron Wolforth
15:30-16:20	Movement Assessment and Strengthening Through The Prism of Baseball Specific Motor Control	Paul Venner/Randy Sullivan
16:30-17:10	Attractors and Perception/ Action in Hitting	Bart Hanegraaf
17:20-18:10	DST/Physiology in Warmup, Ramp up, Tissue Preparation and Recovery	Dr. Stephen Osterer
18:10-18:30	Day 1 Q&A Panel Discussion	



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Sep 9 Agenda		
Time	Topic	Speaker
8:00-8:30	Coffee and Pastries	
8:30-9:00	Day 1 Review, Day 2 Welcome	Randy Sullivan
9:00-12:50	4 Practical Rotations	50 min rotations (10 min fluff time between)
Practical #1	Batting Practice Design: Variability, Perception-Action Coupling and Representative Design (practical)	Bart Hanegraaf/ Rob Gray
Practical #2	Application of Differential Learning and Khaos Training for Command, Velo and Secondary Pitches (practical)	Ron Wolforth/Martijn Nijhoff
Practical #3	Integrating and Strength and Coordination for Baseball Players (practical)	Paul Venner/Frans Bosch
Practical #4	A Self-Organization Model For Arm Pain & Injury Management	Randy Sullivan/Stephen Osterer
12:50-1:20	Lite Lunch On Site	
1:20-2:00	Final Comments/Panel Discussion	ALL