



SYSTEMATIC TESTING AND TECHNOLOGY IN FINNISH BASEBALL – VRUA & SOJY



WHO AM I?

- Name: Saku Komulainen
- Age: 36
- Title: Chief of finnish baseball coaches in VRUA and Sotkamon Jymy
 - Vuokatti-Ruka Urheiluakatemia: Number 1. academy in finnish baseball.
 - Sotkamon Jymy: The most succesful finnish baseball team with 19 championships.
 - Finnis baseball (pesäpallo): National sport in Finland
- Education: PLVT, VAT, Sport instructor in Kajaani University of applied sciences
- Career: 20 years playing (4.) and 12 years coaching (2-2-0)
 - "Poor player can be a decent coach"
- What else: intermediate padel player, better weekend dad for a dog and finnish movie specialist.

"You can be lucky ones"



FUNDAMENTALS - GOAL, GOAL AND GOAL

- Goals sets your actions:
 - Goal-action-analysis-reaction
 - 1-3 years
 - 1 year
 - 1 month
 - 1 week
 - 1 day
 - 1 training session

"IF YOU KNOW YOUR GOALS, YOU HAVE A CHANCE TO SUCCEED MORE THAN ONES!"



I KNOW MY GOALS – THEN WHAT?

- When you know your goals, you are able to evaluate your actions.
 - Succeed or not?
 - Why?
 - Do you have numbers and facts?
- "We did a great job but I'm not sure why."*
- "We failed, we have to train harder!"*

TESTING TELLS YOU HAVE YOU SUCCEED OR NOT AND GIVES YOU NUMBERS!



ABOUT TESTING...

- SHOWS IMPROVEMENT
 - MOTIVATION
 - "TELLS YOU CORRECT ANSWERS"
- REVEALS PROBLEMS
 - "We have trained really good past 6 weeks but we are having no progress"
 - REACTION AND FEW QUESTIONS
 - Train differently?
 - How we sleep?
 - How we eat?
 - Train too much?
 - Must train harder?
 - Stress?



TESTING IN FINNISH BASEBALL

- <https://www.youtube.com/watch?v=14L5fLhar4Q> (56.45)

- GOALS IN FINNISH BASEBALL

- Hitting velocity/power
- Throwing velocity/power
- Running velocity

"We have to improve back squat, clean, bench press and dead lift!"

Yes we do if these correlete with our goals!

- Long off season 4/8

- possibility to test a lot and get the "numbers"
 - What are the typical numbers of good hitter/thrower/runner
 - (power, mobility, etc)
 - How you use this information?

"We have been doing some serious lower body strength training – I think we are doing good!"



ANALYZING

- Testing tells me what are the features of the good hitter/thrower/runner.
 - What are in common with these good ones?
 - What are in common with the bad ones!
 - Increase of awareness what to do to reach goals!
 - Increase of awareness what is irrelevant!
- It also tells me is there many ways to succeed.
 - Is there multiple features?
 - Is it question of power or skill? Both of them?

TESTING GIVES YOU ANSWERS IF YOU ASK THE CORRECT QUESTIONS!



WHY TECHNOLOGY?

- Variation of the power levels.
 - It doesn't correlate well
 - You have to get new "numbers"
 - You can't get reliable skill numbers of hitting/throwing
 - Video analysis – technique
 - Mobility
 - What is the range of motion? > TE3

Technology is the tool to give you numbers!

If you don't analyze your numbers, you don't need technology.

If you don't know your goals, you don't need testing!

THANK YOU!



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