

Cubans and Americans talk about baseball at Afide 2023

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Havana, November 28 (JIT)-- Despite the blockade imposed on Cuba by the U.S. government, baseball once again brought about dialogue between the two sides.

It happened at the X International Convention of Physical Activity and Sports (Afide 2023), exactly at the VI International Symposium of Applied Sciences to Baseball and Softball.

Two high-level American experts, with experience in Major League Baseball and other professional circuits, and above all with academic and pedagogical vocation, lectured in room five of the Havana Convention Palace.

Peter Caliendo referred to the preparation of the baseball player in the competition stage, in a conference in which he narrated many personal experiences that led to valid sentences for debate.

The development of players needs competitive environments, but above all the decision to let them play, so that they can determine what and how to do in certain situations of the games. Sometimes we control the game too much and it becomes boring for the athletes, from whom we need their initiatives.

These words set the guidelines for a pleasant and agile dialogue, without loitering, which left interesting clues to take to the national formative experiences.

We should never use bad words with the players. Correct language is key, as well as respect and a positive attitude towards practice. More fun, more learning. And discipline cannot be violated, Caliendo said.

At another point, Caliendo referred to the skills that a manager must develop. He recognized the value of study in all directions, but emphasized how crucial it is to develop the ability to think for oneself.

He also emphasized the passion for the game, the ability to communicate and establish relationships with the players, always keeping them as part of the team.

Watch practice... He said and paused. From there you have to allow players to take risks, without fear of making a mistake or being substituted, he added.

Evaluate your players and know their individual developments. Require them to take care of the equipment and respect the opponents and the culture of playing in different countries. Let's abide by the judges' decisions and learn to deal with failures, he enumerated with utmost precision.

Coaches should never be satisfied with their work. They must look for ways to do things better and motivate the athletes, he concluded.

Brent Strom, a former MLB pitcher who works in pitching at the MLB level, discussed strategies for being dominant from the mound.

Although they may seem like truisms, Strom reminded the audience that similar straight lines in the high, far and low zones are different pitches and affect well-handled hitters.

He alluded to the ever-effective "triangle" to work effectively, which calls for placing different pitches in different zones.

Storm recalled the effectiveness of pitching in the strike zone, always difficult for opponents, as it requires "getting the bat out" with speed and precision.

His great proposal was to study his presentation and participate this Wednesday in the clinic that will take place at the Latin American Stadium.

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