

# Danish National Baseball Program (DNBP) – Executive Summary

## Introduction and Objectives

The **Danish National Baseball Program (DNBP)** was created to address the evolving sports landscape in Denmark and elevate the quality of baseball operations across the country. Its primary objective is to provide a comprehensive, structured pathway for youth development in baseball, from grassroots to elite levels, while fostering holistic personal growth through sport.

Key objectives of the DNBP include:

Reevaluating baseball operations to create a more efficient and effective development system.

Leveraging elite coaching expertise to enhance grassroots-level coaching.

Educating future generations of athletes to ensure sustained growth and knowledge transfer.

Expanding developmental pathways for all players, making baseball a viable long-term option for Danish youth.

## Program Structure and Stages

The DNBP is divided into **six developmental stages** tailored to athletes' age and ability, with each stage emphasizing different aspects of skill development, physical growth, injury prevention, and psychosocial well-being.

### Stage 1: Activate (Entry – Age 7)

Focus: Introduction to baseball through fun and engaging activities. Athletes develop basic physical literacy, motor skills, and teamwork. Emphasis is placed on playful learning and creating a love for the game.

### Stage 2: Discover (Ages 7 – 12)

Focus: Skill acquisition and fostering general athleticism. Players are introduced to more structured gameplay, including modified forms of baseball. Injury awareness, particularly regarding arm care, is introduced during this stage.

### Stage 3: Progress (Ages 12 – 14)

Focus: Players begin to specialize in baseball skills and develop technical expertise. Training becomes more specific, and self-motivation is emphasized. Arm care and injury prevention become increasingly important as athletes prepare for more advanced gameplay.

### Stage 4: Develop (Ages 14 – 16)

Focus: Individualized training based on position-specific needs. Strength and conditioning become key, and mental preparation is emphasized. Players continue to build their leadership and communication skills on and off the field.

## Stage 5: Apply (Ages 16 – 18)

Focus: High-level preparation for competitive play, including advanced technical training and physical conditioning. Players engage in self-observation and feedback to refine their skills and prepare for elite-level competitions, including potential collegiate opportunities.

## Stage 6: Excel (Age 19+)

Focus: Athletes maximize their skill development and performance. Emphasis is placed on mastering mechanical functions and decision-making in competitive environments. This stage prepares players for the highest levels of play, including professional opportunities.

## Holistic Development Focus

The DNBP promotes a **holistic development approach**, integrating athletic, mental, and social growth into its framework. The program recognizes that success in baseball extends beyond the field, encouraging athletes to develop:

- **Teamwork** and leadership.
- **Physical literacy** to build a foundation for lifelong physical activity.
- **Injury prevention** strategies, including arm care and proper recovery practices.
- **Psychosocial well-being**, fostering resilience, mental health, and enjoyment of the sport.

By prioritizing these elements, the DNBP aims to produce well-rounded individuals who succeed both in baseball and in life.

## Leveraging Expertise and Knowledge Sharing

A cornerstone of the DNBP is the **transfer of knowledge** from elite coaches to volunteer and amateur coaches at the grassroots level. The program includes:

- **Coaches' clinics:** Sessions led by elite coaches aimed at improving the quality of youth coaching across the country.
- **Mentorship opportunities:** Elite players and coaches guide younger athletes and coaches, fostering an environment of shared knowledge.

The **Junior Coaches' Network** is integral to this effort, ensuring consistent access to high-quality coaching across all regions of Denmark.

## Expanding Developmental Pathways

One of the key challenges in Danish baseball has been the **lack of a clear developmental pathway** for athletes. The DNBP addresses this by:

- **Providing structured progression** from youth leagues to elite competition.
- Creating opportunities for players to progress from recreational to advanced levels.
- Highlighting pathways for players aiming for collegiate or professional careers, including support for those interested in playing in the United States.

## Social Media Engagement and Player Recruitment

To attract new players and build visibility for baseball in Denmark, the DNBP will leverage **social media platforms** such as Instagram, Facebook, TikTok, and YouTube. These platforms will showcase:

- Success stories of players progressing through the DNBP.
- Engaging content that appeals to younger audiences, promoting the fun and dynamic nature of baseball.
- Regular updates on events, clinics, and competitions, increasing community engagement.

By strategically managing social media, the DNBP aims to build a larger community around baseball, increasing participation and interest among Danish youth.

## Conclusion

The **Danish National Baseball Program (DNBP)** is a comprehensive framework designed to advance baseball in Denmark by providing structured developmental pathways, leveraging elite coaching expertise, and promoting holistic growth. The program emphasizes skill development, injury prevention, and psychosocial well-being, ensuring that athletes progress through the sport while becoming well-rounded individuals. By implementing this program, Denmark aims to foster a sustainable future for baseball, building a strong pipeline of talent for years to come.

*Prepared by:*

**Jay Cannon**

U15 Lyngby Jokers Coach

North Star Academy Coach

2024 U15 Danish National Team Coach

*On behalf of:*

Dansk Baseball Forbund

CVR-nr.: 39434016

Møllevvej 4, 8300 Odder, Denmark