



Baseball Canada Long-Term Participant Development



Stage 5: Train to Compete (Ages 19–21 | U21–U22)

The Train to Compete stage is for ballplayers who have shown the potential to play at the highest amateur levels, including college baseball, provincial senior teams, U21/U22 national championships, and national team development programs. At this point, players fully specialize in their sport and position, training in a high-performance environment designed to maximize technical, tactical, and physical development. Training volume is intense—often 9–12 sessions per week—with practices that simulate real game situations and use sport science to guide individualized plans.

Athletes refine advanced skills, mental resilience, and professional habits while balancing school, work, family, and social life. This stage prepares players for opportunities like MLB Draft selection or Senior National Team consideration.

Key Performance Focuses Include:

- Advanced technical and tactical execution under pressure
- Positional mastery and situational decision-making
- Mental resilience, confidence, and competition routines
- Consistency across long, demanding seasons

Coaches Tip

Your role is to provide a stable foundation so your athlete can perform, grow, and thrive at the highest competitive levels.

What Coaches Can Do:



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- Provide steady emotional support and encourage wellness
- Help your athlete manage time demands while promoting recovery (nutrition/sleep) and healthy habits.
- Support ethical behaviour - emphasize respect for opponents, sportsmanship, and clean sport values.
- Keep perspective by prioritizing long-term health and well-being alongside performance.
- Prepare your player for all aspects of living away from home, sometimes in a different country.

At the same time, athletes must balance sport with school, work, family, and social life to support long-term well-being. This stage may lead to opportunities such as the MLB.