

V-FLEX

# Implicit Hitting System 2018

Welcome to Implicit Training...

This is your extended guide on how to use this system. It sets the guidelines for use and reinforcement so that hitters can reach their maximum their strike recognition potential.

The primary focus of implicit training is to condition hitters to swing at strikes and take balls. Each phase of V-Flex is specifically designed to increase a hitter's strike swinging probability by improving their strike recognition skills through intrinsic visual cues that affect timing. Our implicit training system assists the brain in teaching itself through sub-visual and visual cues that are completely nonverbal. Hitters become more disciplined at the plate and are less likely to chase balls when the training is intrinsically or implicitly applied. For additional information about implicit training go to our website at [VflexSports.com](http://VflexSports.com)

V-FLEX  
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Innovation...Power...Discipline

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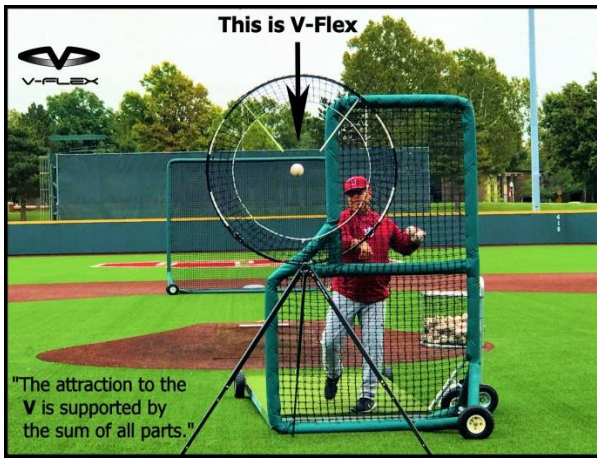
address **1315 Belmeade Dr.**  
**Kingsport, TN 37664**



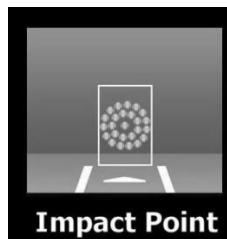
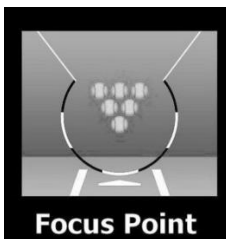
# Baseball

The training format illustrated in this guide is designed to be used with all V-Flex training devices. Follow this manual regardless of which piece you have purchased. The only difference in the larger models and the smaller model is in the amount of focus they generate in the brain. The VXB-5 incorporates greater areas of peripheral stimulation while the VXB-4 stimulates a greater area of primary vision. Combine pieces together for maximum results.

## Teach Before Training



- \*Demonstrate the area of focus using the visual aid (V-Card) provided. This shows the hitter where the hittable strikes will be coming from.
- \*Communicate the differences between strike recognition and pitch recognition.
- \*Explain how the pitches that fit inside the V area represent strikes when they reach the impact zone at home plate.



## V-Flex Locations

Initially place V-Flex at 15' from the front of home plate. Vary locations weekly between 15' – 25 'in batting cages as training intensifies. Optimal training distances: No less than 12 ft. and no greater than 45 ft.



VXB-4 Setup

### Basic Training

- Minimize verbal feedback & instruction (no talking)
- Success = swing at strike (not perfect launch angle or bat speed)
- Throw no more than 3 strikes in a row
- Max 10 swings per set
- Mix pitch type & velocity
- 3 - 5 days per week is recommended for training.
- Use with pitching machine occasionally is ok
- Track progress with practice & game app from SwingD.com

### Advanced Training



### VXB-Combo

Combining the VXB-4 & 5 is an advanced form of strike recognition training that maximizes strike swinging efficiency. Do front toss training in the cage with the VXB-5 and use the VXB-4 on the field. It is through the use of both that you receive the greatest benefit.

## Reinforcement Setup:

Remove white prompting V-rods.... Set training device approximately 30- 35 feet from front home plate. The pitcher should be able to throw through the device at normal batting practice speeds with ease. Typically the device is around 8' from the pitcher and 5' in front of the L-screen. To increase the levels of difficulty for the hitter simply move the device closer to the hitter while leaving the pitcher in the same location. Reinforcement should be done on field in natural light when possible.




## In Season Training:

V-flexing is an **in season** necessity. Strike recognition training is an ongoing process due to the unique nature of the strike zone. If you go 7-10 days without V-flexing you will begin to see your strike swinging probability fall. So continue using the system until season is over.

## Conversion Chart Index

This chart shows basic pitch speed & distance for training. They are designed to help coaches precisely estimate pitch speed and distance for game day training.

 <b>V-FLEX</b>																																						
<b>Pitch Speed / Reaction Time Conversion Chart</b>																																						
Baseball	Ball Travel Distance (in feet)																																					
Speed (MPH)	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
25	117	108	100	93	88	82	78	74	70	67	64	61	58	56	54	52	50	48	47	128	112	104	97	91	86	81	77	73	69	63	66	61	58	56	54	52	50	49
26	126	116	108	101	95	89	84	80	76	72	69	66	63	60	58	56	54	52	50	131	121	112	105	98	92	87	83	78	75	71	68	65	63	60	58	56	54	52
27	135	125	116	108	102	96	90	85	81	77	74	71	68	65	62	60	58	56	54	140	129	120	112	105	99	93	88	84	80	76	73	70	67	65	62	60	58	56
28	145	134	124	116	109	102	96	91	87	83	79	75	72	69	67	64	62	60	58	149	138	128	119	112	105	100	94	90	85	81	78	75	72	69	66	64	62	60
29	154	142	132	123	116	109	103	97	92	88	84	80	77	74	71	68	66	64	62	159	146	136	127	119	112	106	100	95	91	87	83	79	76	73	71	68	66	63
30	163	151	140	131	123	115	109	103	98	93	89	85	82	78	75	73	70	68	65	168	155	144	134	126	119	112	106	101	96	92	88	84	81	78	75	72	70	67
31	173	159	148	138	130	122	115	109	104	99	94	90	86	83	80	77	74	71	69	177	164	152	142	133	125	118	112	106	101	97	93	89	85	82	79	76	73	71
32	182	168	156	146	137	128	121	115	109	104	99	95	91	87	84	81	78	75	73	187	172	160	149	140	132	124	118	112	107	102	97	93	90	86	83	80	77	75
33	191	176	164	153	144	135	128	121	115	110	105	101	97	93	90	87	84	81	79	196	180	168	157	148	139	132	125	119	114	109	105	101	97	94	91	88	85	83
34	201	185	173	162	153	144	137	130	124	119	114	110	106	102	99	96	93	90	88	206	189	177	166	157	148	141	134	128	123	118	114	110	106	103	100	97	94	92
35	211	194	182	171	162	153	146	139	133	128	123	119	115	111	108	105	102	99	97	216	198	186	175	166	157	150	143	137	132	127	123	119	115	112	109	106	103	101
36	221	203	191	180	171	162	155	148	142	137	132	128	124	120	117	114	111	108	106	221	202	190	179	170	161	154	147	141	136	132	128	124	120	117	114	111	108	106
37	231	210	198	187	178	169	162	155	149	144	139	135	131	127	124	121	118	115	113	226	206	194	183	174	165	158	151	145	140	136	132	128	124	120	117	114	111	108
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39	251	228	216	205	196	187	180	173	167	162	157	153	149	145	142	139	136	133	131	236	214	202	191	182	173	166	159	153	148	144	140	136	132	128	124	120	117	114
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**High Speed Pitch Training Zones**